

Stress – What to look out for

Stress is an adverse reaction experienced to too much (or too little) pressure. These symptoms are indicators of too much pressure and can come from you, work and home, or maybe even all three.

Psychological signs	Emotional signs	Physical signs	Behavioural signs
Inability to concentrate or make simple decisions	Tearful	Aches/pains & muscle tension/grinding teeth	No time for relaxation or pleasurable activities
Memory lapses	Irritable	Frequent colds/infections	Prone to accidents, forgetfulness
Becoming rather vague	Mood swings	Allergies/rashes/skin irritations	Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs
Easily distracted	Extra sensitive to criticism	Constipation/diarrhoea/IBS	Becoming a workaholic
Less intuitive & creative	Defensive	Weight loss or gain	Poor time management and/or poor standards of work
Worrying	Feeling out of control	Indigestion/heartburn/ulcers	Absenteeism
Negative thinking	Lack of motivation	Hyperventilating/lump in the throat/pins & needles	Self neglect/change in appearance
Depression & anxiety	Angry	Dizziness/palpitations	Social withdrawal
	Frustrated	Panic attacks/nausea	Relationship problems
	Lack of confidence	Physical tiredness	Insomnia or waking tired
	Lack of self-esteem	Menstrual changes/loss of libido/sexual problems	Reckless
		Heart problems/high blood pressure	Aggressive/anger outbursts
			Nervous
			Uncharacteristically lying

The symptoms that affect you will often accumulate until you are *forced to take notice of them*. Don't rationalise the symptoms away, if you are not sure - ask your GP. It is often the behavioural symptoms that are noticed, as they are more obvious, but by this time *stress has been going on for many months*, maybe even a year or more. *Consider seeing a therapist... I can recommend a good one!*