

Your Wellbeing

Helping you to feel at your best, in and outside of work

How to identify Stress

Recognising Stress:

"The adverse reaction people have to excessive pressures or other types of demand placed on them at work." HSE

What to look for:

These are some of the many symptoms that are indicators of too much pressure that can come from yourself, work, home, or any combination of these which may include all three. (Please note: there can be other causes so please check with your GP). People exhibiting signs of stress, will eventually become less productive and less effective in the workplace. This is known as PRESENTEEISM

Psychological Signs	Emotional Signs	Physical Signs	Behavioural Signs
<ul style="list-style-type: none"> • Inability to concentrate or make simple decisions • Memory lapses • Becoming rather vague • Easily distracted • Less intuitive & creative • Undue worrying • Negative thinking • Depression & anxiety • Prone to accidents • Insomnia or waking tired 	<ul style="list-style-type: none"> • Tearful • Irritable • Mood swings • Extra sensitive to criticism • Defensive • Feeling out of control • Lack of motivation • Angry • Frustrated • Lack of confidence • Lack of self-esteem 	<ul style="list-style-type: none"> • Aches/pains & muscle tension/grinding teeth • Frequent colds/infections • Allergies/rashes/skin irritations • Constipation/diarrhoea/ IBS • Weight loss or gain • Indigestion/heartburn/ulcers • Hyperventilating/lump in the throat/pins & needles • Dizziness/palpitations • Panic attacks/nausea • Physical tiredness • Menstrual changes/loss of libido/sexual problems • Heart problems/high blood pressure 	<ul style="list-style-type: none"> • Not making time for relaxation or pleasurable activities • Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs • Becoming a workaholic • Poor time management and / or poor standards of work • Absenteeism • Self-neglect / change in appearance • Social withdrawal • Relationship problems • Recklessness • Aggressive / anger outbursts • Nervousness • Uncharacteristically lying

If you are concerned about your health, always consult your GP or speak to your manager, HR or Occupational Health about support.