



# 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. Tick any of the symptoms you have.

Psychological Signs	Emotional Signs	Physical Signs	Behavioural Signs
<input type="checkbox"/> Inability to concentrate or make simple decisions <input type="checkbox"/> Memory lapses <input type="checkbox"/> Becoming rather vague <input type="checkbox"/> Easily distracted <input type="checkbox"/> Less intuitive & creative <input type="checkbox"/> Undue worrying <input type="checkbox"/> Negative thinking <input type="checkbox"/> Depression & anxiety <input type="checkbox"/> Prone to accidents <input type="checkbox"/> Insomnia or waking tired	<input type="checkbox"/> Tearful <input type="checkbox"/> Irritable <input type="checkbox"/> Mood swings <input type="checkbox"/> Extra sensitive to criticism <input type="checkbox"/> Defensive <input type="checkbox"/> Feeling out of control <input type="checkbox"/> Lack of motivation <input type="checkbox"/> Angry <input type="checkbox"/> Frustrated <input type="checkbox"/> Lack of confidence <input type="checkbox"/> Lack of self-esteem	<input type="checkbox"/> Aches/pains & muscle tension/grinding teeth <input type="checkbox"/> Frequent colds/infections <input type="checkbox"/> Allergies/rashes/skin irritations <input type="checkbox"/> Constipation/diarrhea/ IBS <input type="checkbox"/> Weight loss or gain <input type="checkbox"/> Indigestion/heartburn/ ulcers <input type="checkbox"/> Hyperventilating/lump in the throat/pins & needles <input type="checkbox"/> Dizziness/palpitations <input type="checkbox"/> Panic attacks/nausea <input type="checkbox"/> Physical tiredness <input type="checkbox"/> Menstrual changes/loss of libido/sexual problems <input type="checkbox"/> Heart problems/high blood pressure	<input type="checkbox"/> Not making time for relaxation or pleasurable activities <input type="checkbox"/> Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs <input type="checkbox"/> Becoming a workaholic <input type="checkbox"/> Poor time management and / or poor standards of work <input type="checkbox"/> Absenteeism <input type="checkbox"/> Self neglect / change in appearance <input type="checkbox"/> Social withdrawal <input type="checkbox"/> Relationship problems <input type="checkbox"/> Recklessness <input type="checkbox"/> Aggressive / anger outbursts <input type="checkbox"/> Nervousness <input type="checkbox"/> Uncharacteristically lying



*How many symptoms do you have?*

*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 – always consult 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 stress management counsellor.*

**Always consult your GP if you are concerned about your health.**