

Stress is an adverse reaction to too much (or too little) pressure

## What to look for:

These are some of the symptoms that are indicators of too much pressure that can come from yourself, work, home, any combination of, or maybe even all three.

## Potential Outcome in the Workplace

People exhibiting some of these signs of stress, will eventually become less productive and effective in the workplace. This is known as PRESENTEEISM

Today's date:

Review date:

Tick the  next to any symptoms you have experienced in the last month from each column.

Review how many symptoms, which ones are honestly concerning you, and decide now if you need to take any action to improve your wellbeing. Don't rationalise the symptoms away, if you are not sure - ask your GP

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

To evaluate your personal stress level, add the total number

of symptoms ticked, this is ONLY A GUIDE as it can also

depend on WHICH of the particular symptoms you are

experiencing as *just a single symptom can be serious*:

**5** | **LOW-** Review again next month & monitor your health

**10** | **MEDIUM-** You need to make some lifestyle changes

**15-19** | **HIGH-** Showing many signs of stress, take action now!

**20+** | **VERY HIGH-** You have been stressed for some time