

Manifestations of Stress

Psychological	Emotional	Physical	Behavioural
Inability to concentrate / make simple decisions	Tearful	Aches / pains & muscle tension	May be more prone to accidents
Memory lapses	Irritable / Mood swings	Frequent colds/infections	Working increased hours
Becoming rather vague	Short Temper / Impatience	Rashes / skin irritations	Time-management issues
Easily distracted	More sensitive to criticism	Indigestion / heartburn Constipation / diarrhoea Weight loss or gain Loss of appetite	Absenteeism
Less intuitive & creative	Defensive	Dizziness / palpitations	Self-neglect / change in appearance
Worrying	Feeling out of control	Hyperventilating / lump in the throat / pins & needles	Recklessness
Negative thinking	Angry	Panic attacks / nausea	Change in behaviour patterns
Lack of confidence Lack of self-esteem	Frustrated	Exhaustion / Insomnia or waking up feeling tired	Drop in productivity
Forgetfulness	Relationship difficulties	Menstrual changes / loss of libido / sexual problems	Social withdrawal
Lack of motivation	Aggressive / angry outbursts	Increased reliance on alcohol / smoking / caffeine	

These should not be considered in isolation. So, if you are experiencing 1 or 2 of these – please don't panic or assume you are experiencing significant stress. Rather, try to understand whether you or a colleague is displaying clusters of several symptoms. Sometimes we don't join the dots and realise that stress may be the underlying reason we are experiencing these "symptoms". If we can acknowledge that stress may be behind these behaviours/symptoms we can make a plan and/or seek support to help us.