

Stress**watch**

Stress Management

Ros Edlin Stress Consultant

What is Stress?

The adverse reaction people have to excessive pressures or other types of demand placed on them. (HSE)

- **Essential ingredients of definition include:**
 - Internal & external pressures and demands
 - Perception of ability to cope
 - Perception of CONTROL



Signs and Symptoms

- How do you know when you are stressed?
- How does it manifest itself?



Emotional / Psychological symptoms



- Tears and distress
- Under confidence
- Loss of humour
- Feeling a failure
- Irritability and anger
- Mood swings
- Anxiety, tension,
- Over-whelmed
- Low self esteem
- Indecisiveness
- Depression
- Negative thinking



Physical symptoms

- Stomach cramps
- Back & neck pain
- Low energy
- Sweating
- Rapid breathing
- Poor posture
- Shaking
- Weight changes
- Indigestion
- Tight chest
- Diarrhoea
- Headaches
- Twitching
- Tiredness
- Nausea
- Eczema
- I.B.S



Behavioural symptoms

- Poor awareness
- Increased confusion
- Sleep problems
- Disorganised
- Bad communication
- Social withdrawal
- Lateness and long breaks
- Poor judgement
- Poor concentration
- Increased accidents
- Loss of appetite
- Inability to cope
- Not completing tasks
- Clock watching
- Poor time management
- Poor decisions
- Increased smoking
- Increased alcohol and caffeine
- Angry behaviour
- Inappropriate social media use

What can I do to help?

- Identify the stressor
- Resilience----make a plan
- Look at strategies
- Support



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