

Stress - Signs and Symptoms of

COMMON SOURCES OF STRESS

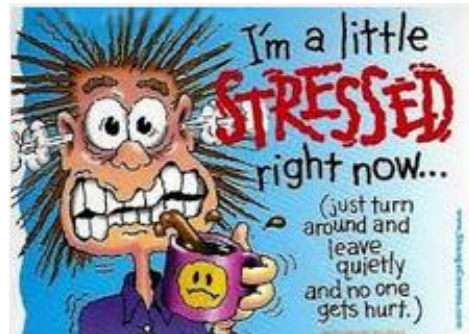


- Work
- Money
- Relationships
- Illness
- Family Issues
- Study

RECOGNISE ANY OF THESE? - SYMPTOMS OF STRESS

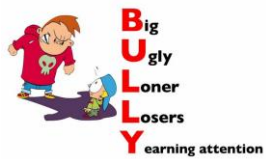
Psychological/Emotional

- Feeling hostile or angry
- Increased anxiety
- Avoidance of commitments
- Reduced tolerance
- Moodiness and mood swings
- Lack of confidence
- Depression



Physical

- Recurrence of illness
- Headaches, migraines
- Backache, sore muscles
- Fatigue, tiredness
- Frequent deep sighing
- Raised heart-rate
- Rapid breathing



WORKPLACE BULLYING IS NOT ACCEPTABLE AND LEADS TO STRESS
Treat others how you expect to be treated!



SUGGESTIONS - HOW TO MANAGE WORKPLACE STRESS?

Tip No 1: - Reduce job stress – take care of yourself!

Pay attention to your physical and emotional health.

The better you feel, the better equipped you'll be to manage work stress without becoming overwhelmed.



Tip No 2: - Get moving

Regular exercise is a powerful stress reliever

Do something you enjoy - Speak to your Doctor about a Getting a 'green prescription' – a smart and cost-effective way of improving your health!

Tip No. 3 - Make food choices that keep you going

Healthy eating can help you get through stressful work days.

Maintain an even level of blood sugar, keep your energy up, stay focused, and avoid mood swings



Tip No 4 – Drink alcohol in moderation and avoid nicotine

Alcohol may temporarily reduce anxiety and worry. Too much can have the opposite effect. Smoking when stressed may feel calming BUT don't forget Nicotine is a powerful stimulant – it can increase your levels of anxiety.

GO HOME, RELAX AND FEEL LIKE THIS



Tip No 5 – Get enough sleep

Stress and worry can cause insomnia! Lack of sleep can leave you open to even more stress. Being well-rested, helps maintain an emotional balance, one of the keys to coping with job and workplace stress.



Tip No 6 – Get support

*Simply sharing your feelings face to face with another person can help relieve some of the stress. **Accepting support** is **not a sign of weakness** and it won't mean you're a burden to others.*

