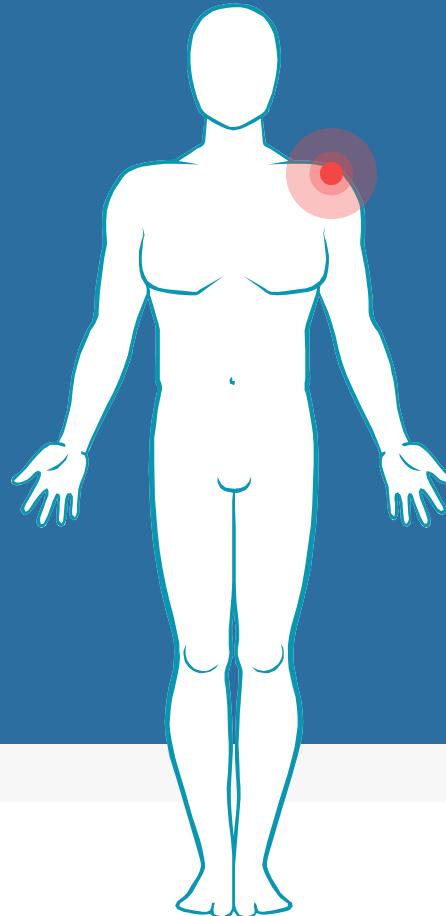


# On-Call Digital Resources

Stress, and How to  
Deal With it



## Cognitive Symptoms

- Failure to remember recent information
- Constant worrying
- Over-thinking problems
- Having racing thoughts
- Always focusing on negative aspects
- Lapses in sound judgement
- Problems concentrating on simple tasks
- Having unusual dreams
- Loss of sense of humour
- Loss of creativity
- Difficulty in learning new things or taking in new information



## Emotional Symptoms

- Feeling anxious on a continual basis
- Feeling agitated
- Experiencing mood-swings
- Sense of panic and feeling overwhelmed
- Experiencing emotional out-breaks over daily events
- Sense of loneliness, helplessness and isolation
- Experiencing bouts of anger and irritability
- Feeling depressed, frustrated and nervous
- Feeling a lack of control over your life



## Physical Symptoms

- Regular headaches or migraines
- Dizziness and blurred vision
- General aches and pains, most commonly in shoulders and back – caused by muscle tension induced by stress
- Tight feeling in the chest
- Rapid heartrate or experiencing palpitations
- Nausea, diarrhoea or constipation

## Physical Symptoms

- Susceptible to frequent colds, flu and other illnesses
- Poor posture
- Prone to breakouts – this can be caused by hormonal changes due to stress
- Hair loss
- Itchy skin – anxiety can aggravate dermatitis and eczema.
- Sore jaw – caused by grinding teeth during sleep or clenching teeth during the day

## Behavioural Symptoms

- Change in regular eating pattern – eating more or suffering a loss of appetite
- Increase in nervous habits, such as biting nails, tapping, shaking legs or pacing
- Change in sleeping pattern – sleeping too much or too little
- Procrastination and neglecting responsibilities
- Withdrawing from social circles
- Increased use in alcohol, cigarettes or drugs
- Any change in regular behaviour that would be considered by other as ‘out of character’.

## Breathing Techniques for Stress Management

- As an introduction to deep breathing, one of the simplest techniques you can practice is called the 4-7-8 breathing exercise. When using this technique, you are instructed to follow these simple steps:
  1. Breathe in for a count of 4 – so as you are breathing in, count in your head 1....2....3....4....

## Breathing Techniques for Stress Management

2. When you reach 4, hold your breath for a count of 7 – so while holding your breath, count  
1....2.....3.....4.....5.....6.....7....
  
3. Lastly, exhale slowly, for a count of 8 – so when you are exhaling, make your breath last all the way to out.  
Breathe out and count 1....2....3....4....5....6....7....8....

# Meditation for Stress Management

- Meditation is a good practice for countering the effects of on-going, subtle stress.
- The benefits of using meditation:
  - Counter-acting racing thoughts and over-thinking
  - Feeling more ‘in the moment’
  - Being more self-aware
  - Reduction in negative thinking and negative emotions

## Meditation for Stress Management

- Headspace have published a series of mini-meditations on YouTube, to help people experiencing stress, anxiety and depression, to find 1-2 minutes to practice some ‘mini-meditations’.
- Mini meditation to help you to let go of stress:  
<https://youtu.be/c1Ndym-lsQg>



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