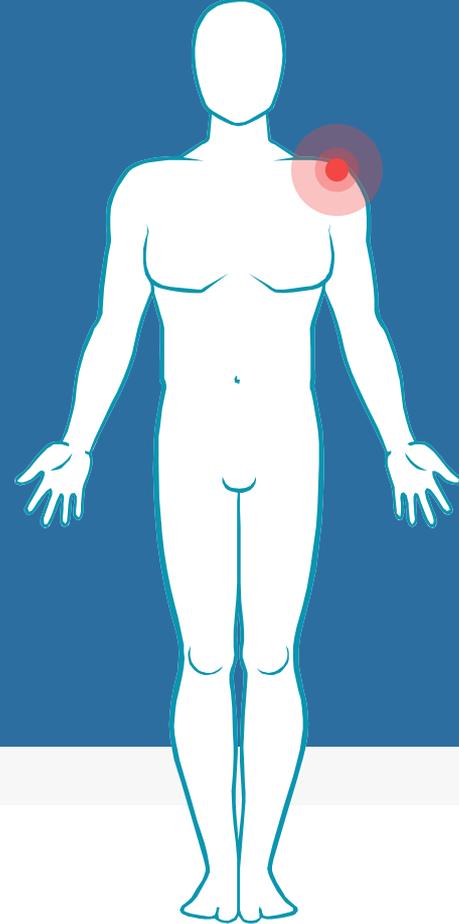


On-Call

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>



Erasmus+

This project has been funded with support from the European Commission.
This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein.



2018-1-UK01-KA204-048095