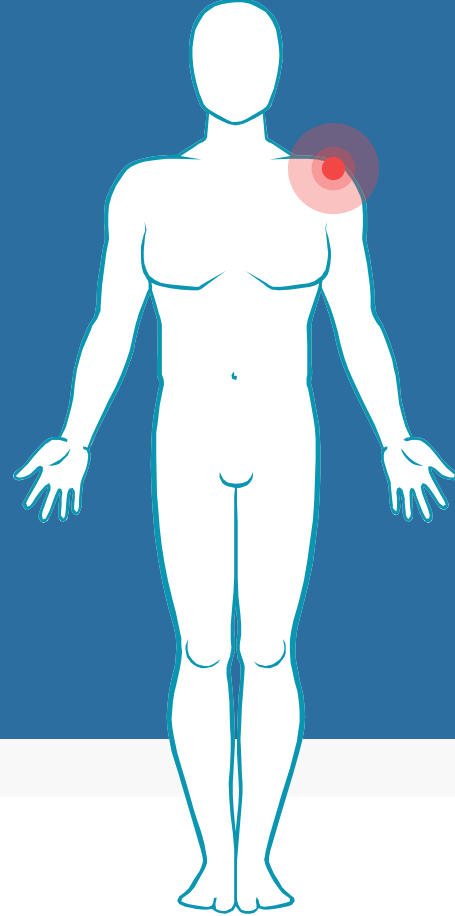


On-Call

Digital Resources

The Negative Effect of
Stress on Our Bodies



Symptoms of Stress – What it does to our bodies

- Cognitive symptoms
- Emotional symptoms
- Physical symptoms
- Behavioural symptoms



Questions to Recognise Cognitive Symptoms

- Do you have trouble concentrating?
- Do you often have racing thoughts that you cannot control?
- Do you over-think things?
- Do you re-play events from the day in your head over and over?
- Do you have unusual dreams?
- When you think of past, present or future events or situations, do you always focus on the negative aspects?

Questions to Recognise Emotional Symptoms

- Do you notice you feel more emotional than usual?
- Are you prone to outbursts of anger, rage, sadness?
- Are you likely to start crying if something does not go your way in work?
- Are you easily irritated?
- Do you experience feelings of panic, or that you are not in control of your work, or certain aspects of it?
- Do you feel depressed or helpless when you think of certain work situations or your workload?
- Are you experiencing anxiety as a result of your work?

Questions to Recognise Physical Symptoms

- Do you have a constant lack of energy?
- Do you feel lethargic and lack motivation?
- Do you suffer from regular headaches or migraines?
- Do you suffer regularly with back, shoulder or neck ache?
- Are you experiencing from hair loss?
- Have you noticed any change in your skin – are you suffering with itchy skin, or breakouts?
- Do you have a sore jaw?

Questions to Recognise Behavioural Symptoms

- Do you eat to calm down or to make yourself feel better?
- Do you smoke more cigarettes than you previously have in other jobs?
- Do you drink more alcohol now than you have in previous employments?
- Do find that you are over-extending yourself?
- Have you noticed that you are withdrawing from social groups or cutting yourself off from others?
- Have you started biting your nails, or have you taken up other nervous habits?
- Do you find yourself procrastinating over tasks?
- Are you getting enough sleep?
- Do you find it difficult to get up in the morning?



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