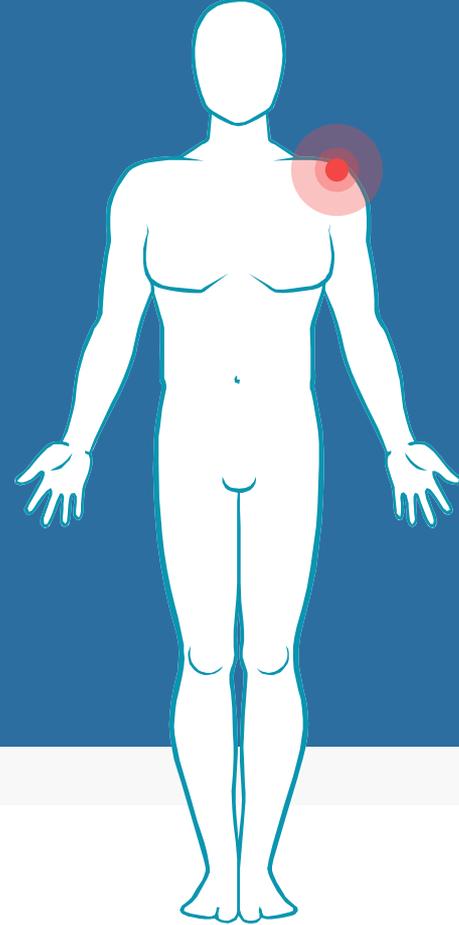


On-Call

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?



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