

STRESS AWARENESS MONTH APRIL 2021
REGAIN CONNECTION, CERTAINTY AND CONTROL

SIGNS OF STRESS

www.wellbeing.work
www.stress.org.uk



International
Wellbeing Insights
People, Culture & Wellbeing



Stress Management Society
from distress to de-stress

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REGAIN CONNECTION, CERTAINTY AND CONTROL

Emotional:

- irritable, aggressive, impatient or wound up
- over-burdened
- anxious, nervous or afraid
- like your thoughts are racing and you can't switch off
- unable to enjoy yourself
- depressed
- uninterested in life
- like you've lost your sense of humour
- a sense of dread
- worried about your health
- neglected or lonely



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Behavioural:

- finding it hard to make decisions
- constantly worrying
- avoiding situations that are troubling you
- snapping at people
- biting your nails
- picking at your skin
- unable to concentrate
- eating too much or too little
- smoking or drinking alcohol more than usual
- restless, like you can't sit still
- being tearful or crying



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Physical:

- shallow breathing or hyperventilating
- you might have a panic attack
- muscle tension
- blurred eyesight or sore eyes
- problems getting to sleep, staying asleep or having nightmares
- sexual problems, such as losing interest in sex or being unable to enjoy sex
- tired all the time
- grinding your teeth or clenching your jaw
- headaches
- chest pains
- high blood pressure
- indigestion or heartburn
- constipation or diarrhoea
- feeling sick, dizzy or fainting

