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| Are you suffering from stress?  Read through the following to see if you can relate to the any of the common symptoms. |
| **Cognitive symptoms**   * Poor Judgement * Inability to Concentrate * ‘Brain Fog’ * Indecision * Starting many tasks but achieving little * Self doubt |
| **Emotional symptoms**   * Moodiness * Irritability * Fatalistic Thinking * Panic * Cynicism * Anxiety * Feeling Overwhelmed * Frustration |
| **Physical symptoms**   * Chest Pain * Rapid Heartbeat * Aches and Pains * Frequent Colds * Skin Complaints * Indigestion * High Blood Pressure |
| **Behavioural symptoms**   * Increase Intake in Alcohol, Cigarettes and Caffeine to Relax * Isolating Yourself from Others * Sleeping too Little or too Much * Demotivated * Loss of sense of humour * Increase in general alcohol intake |
| **How did you do?**  Often you may not notice that you are showing the signs of stress until someone else points it out! This is because one of the difficulties with stress is that people experience stress in different ways. Therefore, stress and its affects cannot be generalised, it targets the weakest areas of your body and or character. If you are prone to panic attacks, headaches, eczema, low levels of patience or tolerance for others, these will be the first areas to be evident under times of stress.  What we can say for sure is that because stress has negative effects, it will usually manifest itself one way or another.  Stress isn’t avoidable but it is manageable. Early identification of symptoms is key in order to minimise the risk to health and quality of life. However, this is not to say that someone who is clearly stressed is beyond help, far from it, Stress Right can help you regain control of your emotions, negative responses and thoughts. We have helped many stress sufferers experience a full night’s sleep, find ways of dealing with the situations that used to caused them angst or maybe even the people that brought out the worst in them.  Have you noticed changes in other people who are stressed?  These changes may be emotional, physical or behavioural, or a combination of all three. So, the key thing is to look out for negative changes of any kind. Bear in mind that the negative changes are also likely to have knock-on effects e.g. reduced performance at work or even excluding themselves socially.  Of course, we all experience ‘bad days’, so we are really talking about situations where people display these negative changes for a period of time (e.g. 5 days in a row).  Prolonged bouts of stress will undoubtedly make people ill.  It is now known to contribute to;   * heart disease * hypertension and high blood pressure * a weakened immune system * strokes * IBS (Irritable Bowel Syndrome) * Ulcers * Diabetes * muscle and joint pain * miscarriage * allergies * alopecia * premature tooth loss   amongst many other illnesses.  Now that you are a little more informed, maybe you could help others who you believe could be suffering from stress but, and this is a big but, never neglect ‘you’ many people from friends and family to work colleagues depend on you being at your best and whilst this in its own right, could lead to stress, it is manageable and when managed correctly you will shine.  Info sourced from stress.org.uk |