



GREENING

HEALTH & WELLBEING

CONSULTANTS

KEY SIGNS OF STRESS

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PSYCHOLOGICAL SIGNS

- Inability to concentrate or make simple decisions
- Memory lapses
- Becoming rather vague
- Easily distracted
- Less intuitive & creative
- Worrying
- Negative thinking
- Depression & anxiety

EMOTIONAL SIGNS

- Tearful
- Irritable
- Mood swings
- Extra sensitive to criticism
- Defensive
- Feeling out of control
- Lack of motivation
- Angry
- Frustrated
- Lack of confidence
- Lack of self-esteem

PHYSICAL SIGNS

- Aches/pains & muscle tension/grinding teeth
- Frequent colds/infections
- Allergies/rashes/skin irritations
- Constipation/diarrhoea/ IBS
- Weight loss or gain
- Indigestion/heartburn/ulcers
- Hyperventilating/lump in the throat/pins & needles
- Dizziness/palpitations
- Panic attacks/nausea
- Physical tiredness
- Menstrual changes/loss of libido/sexual problems
- Heart problems/high blood pressure

BEHAVIOURAL SIGNS

- No time for relaxation or pleasurable activities
- Prone to accidents, forgetfulness
- Increased reliance on alcohol, smoking, caffeine, recreational or illegal drugs
- Becoming a workaholic
- Poor time management and/or poor standards of work
- Absenteeism
- Self neglect/change in appearance
- Social withdrawal
- Relationship problems
- Insomnia or waking tired
- Reckless
- Aggressive/anger outbursts
- Nervous
- Uncharacteristically lying