

Experiencing Stress

PHYSICAL SIGNS

- Headaches
- Tension
- Indigestion
- Breathlessness
- Rashes
- Frequent colds
- Recurrence of previous illness
- Sleep disturbances
- Dizziness

BEHAVIOURAL SIGNS

- Unsocial
- Restlessness
- Reckless driving, lying
- Increase smoking / drinking levels
- Change in appetite

WHAT TO LOOK OUT FOR IN YOURSELF

QUESTION 1

What are the **earliest signs** that you are moving into experiencing 'distress'?

QUESTION 2

What actions prevent / reduce this?



Women in
SUSTAINABILITY

MENTAL SIGNS

- Inability to concentrate
- Worrying
- Mistakes
- Muddled thinking
- Persistent negative thinking
- Nervousness

EMOTIONAL SIGNS

- Irritability
- Tension
- Moodiness
- Alienation
- Dissatisfaction
- Tearful
- Anxious
- Withdrawal