



Recognition of Stress in Self and Others

“In a Nutshell”

	IN SELF	IN OTHERS
WHAT YOU SEE	<ul style="list-style-type: none"> • Changes in concentration • ‘Busy work’ without real result • Isolated from companions • Less social interaction • Changes in skin, nails, hair • Bags under the eyes • Weight change 	<ul style="list-style-type: none"> • Less groomed • Isolated/silent in a group • Disappearing more often • Eating at their desk more • Weight change • Tired or grey look • Less social interaction • Changes in time keeping • Changes in work standards / volume / enthusiasm
WHAT YOU FEEL (physical and emotional)	<ul style="list-style-type: none"> • Unrested when you wake up • Less energy • Cannot be bothered • Many things are an effort • More likely to feel unwell • Cannot get to places on time • Commonly prone to viruses/skin disorders/ gastric problems/ muscular problems • Impatient/intolerable of most obstacles/people in your way 	<ul style="list-style-type: none"> • More likely to become unwell • Commonly prone to viruses / skin disorders / gastric problems / muscular problems
WHAT YOU SMELL	<ul style="list-style-type: none"> • Less noticeable in yourself – you are used to your own smell! 	<ul style="list-style-type: none"> • Anxious stressed people can smell slightly sweaty and overcompensate with sprays • In extreme situations can smell unwashed and unkempt • The key <i>difference</i> is if they have <u>changed</u> <p>NB: Ex-military/forces can mask this better because they are conditioned ALWAYS to be clean and tidy</p>
WHAT YOU TASTE	<ul style="list-style-type: none"> • Less joy in food taste 	<ul style="list-style-type: none"> • This cannot be assessed in others
THE UNQUANTIFIABLE	<ul style="list-style-type: none"> • Take time to reflect • Look for insidious change 	<ul style="list-style-type: none"> • Take time to reflect • Look for insidious change