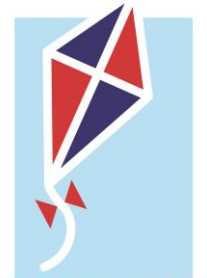




“In a Nutshell”

# Signs and symptoms of stress

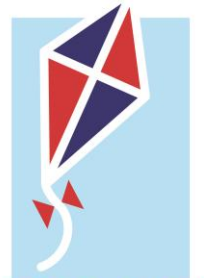


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Cognitive	Emotional
<ul style="list-style-type: none"> <li>• Memory problems</li> <li>• Inability to concentrate</li> <li>• Poor judgement</li> <li>• Seeing only the negative</li> <li>• Anxious or racing thoughts</li> <li>• Constant worrying</li> </ul>	<ul style="list-style-type: none"> <li>• Moodiness</li> <li>• Irritability or short temper</li> <li>• Agitation, inability to relax</li> <li>• Feeling overwhelmed</li> <li>• Sense of loneliness and isolation</li> <li>• Depression or general unhappiness</li> </ul>
Physical	Behavioural
<ul style="list-style-type: none"> <li>• Aches and pains</li> <li>• Diarrhoea or constipation</li> <li>• Nausea and dizziness</li> <li>• Chest pain, rapid heartbeat</li> <li>• Loss of sex drive</li> <li>• Frequent colds</li> </ul>	<ul style="list-style-type: none"> <li>• Eating more or less</li> <li>• Sleeping too much</li> <li>• Isolating yourself from others</li> <li>• Procrastinating or neglecting responsibilities</li> <li>• Using alcohol, cigarettes or drugs to relax</li> <li>• Nervous habits (Nail biting, pacing)</li> </ul>

The more signs and symptoms you notice in yourself, the closer you may be to stress overload.

**How do you plan to look after yourself?**



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