

We all experience stress differently in different situations. Sometimes you might be able to tell right away when you're feeling under stress, but other times you might keep going without recognising the signs. Stress can affect you both emotionally and physically, and it can affect the way you behave. (Mind,2017)

## EMOTIONAL

- Irritable
- Aggressive
- Impatient or wound up over-burdened
- Anxious, nervous or afraid
- Thoughts are racing and you can't switch off
- Unable to enjoy yourself depressed
- Uninterested in life
- Like you've lost your sense of humour
- Sense of dread
- Worried about Your health
- Neglected or lonely

## PHYSICAL

- Shallow breathing or hyperventilating
- Panic attacks
- Muscle tension
- Blurred eyesight or sore eyes
- Problems getting to sleep, staying asleep or having nightmares
- Sexual problems, such as losing interest in sex or being unable to enjoy sex
- Tired all the time grinding your teeth or clenching your jaw
- Headaches
- Chest pains
- High blood pressure
- Indigestion or heartburn
- Constipation or diarrhoea
- Feeling sick, dizzy or fainting

## BEHAVIOURAL

- Finding it hard to make decisions
- Constantly worrying
- Avoiding situations that are troubling you
- Snapping at people
- Biting your nails
- Picking at your skin
- Unable to concentrate
- Eating too much or too little
- Smoking or drinking alcohol more than usual
- Restless, like you can't sit still
- Being tearful or crying