

# How do you know you're stressed?



To find out if you're suffering from the 'bad' effects of stress, tick the boxes next to the common signs and symptom below, if they apply to you.

**Do you:**

- feel sweaty or shivery?
- have a pounding heart or palpitations?
- need to go to the toilet a lot more than normal?
- feel sick in the stomach (have butterflies)?
- have a dry mouth?
- feel exhausted?
- have odd aches and pains?
- smoke or drink more than you usually do?
- work to exhaustion?
- lack concentration?
- perform badly at work?
- wish you could avoid work?
- take lots of sick leave?
- get headaches?
- have no time for hobbies anymore?
- find everything irritating?
- think "I can't cope with this anymore"?
- have less appetite for food, fun or sex?
- eat too much or too little?
- feel you've lost your sense of humour?
- feel you've lost interest in your personal appearance?
- feel you've lost interest in other people?
- feel that everything is pointless?
- get tearful?
- think you are more forgetful?
- feel tired and lacking in energy?
- have difficulty sleeping, have disturbed sleep, or wake unusually early?

If you ticked **five or more boxes**, you may already be suffering from stress. After this session, it may help you to refer to the information on avoiding and managing stress on *Summary sheet 9*.

If you ticked **less than five boxes**, you may not be suffering from stress at the moment, but should you become stressed in future, it may help you to refer to the information on avoiding and managing stress on *Summary sheet 9*.