Identifying Stress in Self

**Mental Signs**
- Difficulty concentrating
- Mistakes
- Muddled thinking
- Worrying
- Nervousness
- Persistent negative thinking

**Behavioural signs**
- Restlessness
- Being untruthful
- Reckless driving
- Changes in appetite
- Unsociability
- Increased drinking and smoking
- Mood changes

**Emotional Signs**
- Feeling moody
- Feeling alienated
- Feeling dissatisfied
- Feeling tearful
- Withdrawal
- Anxious and panicky
- Irritable

**Physical Signs**
- Headaches
- Indigestion
- Rashes
- Frequent colds
- Recurrence of previous illness
- Dizziness
- Dry mouth
- Breathlessness
- Feeling tense
- Disturbance in sleep pattern

**What to look for in yourself**