Identifying Stress in Others

- Withdrawal of Interest or commitment
  - Arriving late
  - Leaving early
  - Frequent or extended breaks from work

- Poor Performance at work, including:
  - Errors that are uncharacteristic
  - Memory lapses
  - Indecisiveness
  - Unproductivity

- Aggressive behaviour such as
  - Criticising others
  - Bullying

- Fixation, such as
  - Not listening to suggestions
  - Insisting on using inadequate solutions
  - Repetition of arguments

- Emotional changes in behaviour such as
  - Tearfulness
  - Short tempered
  - Loss of sense of humour
  - Withdrawal

What to look for in others