

Emotions

- Feeling irritable
- Feeling anxious or tense
- Feeling in low mood
- Feeling of apathy
- Feeling low in self esteem

Effects on what you do

- Temper outbursts
- Over drinking or smoking
- Changes in eating habits
- Withdrawing from usual activities
- Becoming unreasonable
- Being forgetful or clumsy
- Rushing around

If you have some of these signs it may be you are experiencing stress. These are some of the short term signs but long term health risks from stress are serious and include, heart disease, high blood pressure, severe depression, stroke, migraine, severe anxiety, arthritis, asthma, low infection resistance, bowel problems, stomach problems especially ulcers, fatigue and sleep problems.

Can life events cause stress?

Some things that happen in your life can be stressful, particularly life changes. If you have had one or more of the following life events occurring over the last year you will probably be more likely to be stressed and should take care to avoid further stressors and try to take 'extra care' of yourself.

(please tick if appropriate)

- Death of partner
- Divorce or relationship breakdown
- Death of close family member
- Getting married
- Loss of employment
- Health problems

- Pregnancy
- New employment
- High financial commitments
- Serious debts
- Major changes at work
- Partner stops or begins work
- Death of close friend
- Change in living conditions
- Disagreement with friends
- Problems at work, eg, lack of job security, several jobs, no satisfaction at work.
- Change in leisure activities
- Change in church / spiritual habits
- Minor legal problems
- Problems with neighbours / noise
- Family gatherings for holidays/ Christmas

Is there a type of person who is more likely to experience stress?

Studies have shown that some people are more likely to experience stress than others. These people are known as 'type A' personalities. They tend to be more competitive and impatient and have tight time schedules compared to 'type B' personalities who are more relaxed and 'laid back' in their style. If you would like to know which type you are, ticking the following boxes may help you to decide:

Type A

- Must get things finished
- Never late for appointments
- You are competitive
- Can't listen to conversations: interrupt/ finish sentences for others
- Always in a hurry
- Don't like to wait

- Very busy at full speed
- Trying to do more than one thing at a time
- Wanting everything perfect
- Pressurised speech
- Doing everything fast
- Holding feelings in
- Not satisfied with work / life
- Few social activities / interests
- If working, often taking work home

Type B

- Calm and unhurried about appointments
- You are not competitive
- Can listen and let the other person finish speaking
- Never in a hurry even when busy
- Can wait calmly
- Easy going
- Take one thing at a time
- Don't mind things not perfect
- Slow and deliberate speech
- Do everything slowly
- Express feelings
- Quite satisfied with work/life
- Many social activities/interests
- If in employment, limiting time working to work hours

If most of your ticks are on the **A** side then you will be more prone to stress. If both **A's** and **B's** then you are a little prone to stress.

If mainly **B's** then you are less likely to suffer from stress!