

# How can I tell when someone is under stress?

Common signals are:

- angry outbursts, simmering hostility, temper-tantrums.
- inflexibility, resistance to change, overly competitive, unreasonable demands.
- working long hours, not enough relaxation, resistance to leisure.
- impatience, clock-watching, anxiety about deadlines.
- physical complaints, colds, headaches, indigestion, heartburn, diarrhoea, constipation, nail-biting, teeth gritting, scratching.
- fall off in communication, misperceives, withdraws, isolated.
- too serious, repetitive rumination.
- excessive worry.
- neglect of physical appearance, fitness decline, not sleeping well.
- overeating, excessive drinking, smoking more.
- lacking energy, depressed, hopeless.
- excessive denial, making light of problems, saying all is going well (when it's not).
- family problems, kids excessively naughty, spouse tearful, angry.

## Stress Management

Areas we need to look at if are going to manage our stress:

- Friendship and support
- Nutrition
- Leisure/Recreational pursuits
- Thoughts
- Delegation of responsibility
- Time management
- Stress management
- Problem solving
- Goal setting
- Counselling
- Reducing demands
- Relaxation exercises