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Work Stress Symptoms



We all face stress in our daily lives. Which of the following symptoms below apply to you when you are under stress?

Check the symptoms you have experienced related to stress?

- | | |
|--|--|
| <input type="checkbox"/> Anger/frustration | <input type="checkbox"/> Procrastination |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Sleep problems |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Social withdrawal |
| <input type="checkbox"/> Indigestion | <input type="checkbox"/> Teeth grinding |
| <input type="checkbox"/> Muscle tension | <input type="checkbox"/> Worry |
| <input type="checkbox"/> Less libido | <input type="checkbox"/> Drug or alcohol use |
| <input type="checkbox"/> Increased or decreased appetite | <input type="checkbox"/> Anxiety |
| <input type="checkbox"/> Biting nails | <input type="checkbox"/> Other |





Work Stress Symptoms

Write down any other symptoms you may have.

Which symptoms occur more often?

Think for a minute about the factors that can increase your stress and write them down.

From what you have learned so far, how do you deal with stress and/or distress?



Co-funded by the
Erasmus+ Programme
of the European Union

Work Stress Symptoms

If you suffer from depression, what kind of depression do you think you are suffering from?

- Acute stress Chronic stress Episodic Acute Stress