

## Information on stress, anxiety and depression

Common mental health problem	Common signs and symptoms	Possible impact on work
<p><b>Stress</b> is the reaction people have when they are unable to cope with excessive pressures or other types of demand placed on them.</p>	<p><b>Physical</b>- panic attacks, tiredness, headaches, chest pains, problems sleeping/too much sleep, feeling sick/dizzy, constipation/diarrhoea, grinding your teeth/clenching jaw, shallow breathing or hyperventilating.</p> <p><b>Behaviour</b>- lack of concentration, feeling tearful/crying, restless, increased smoking/drinking alcohol, difficulty in making decisions, biting your nails/picking your skin, snapping at people.</p> <p><b>Feelings</b>- anxious, nervous, racing thoughts, irritable/impatient, depressed, lonely, having a sense of dread, uninterested in life/not motivated.</p>	<ul style="list-style-type: none"> <li>• Unable to concentrate</li> <li>• Difficulty in making decisions</li> <li>• Avoiding troubling situations</li> <li>• Agitated by colleagues</li> <li>• Uninterested in work</li> <li>• Tired at work</li> <li>• Withdrawing from colleagues at work</li> </ul>
<p><b>Anxiety</b> is a feeling of unease, worry or fear. While we are all anxious at some point, someone with anxiety is overwhelmed by these feelings.</p>	<p><b>Physical</b>- nausea, faster breathing, sweating, difficulty sleeping, churning stomach, feeling light headed or dizzy, fast/thumping heart beat.</p> <p><b>Psychological</b>- feeling tense/nervous, feeling your mind is full of thoughts, feeling restless and unable to concentrate, dwelling on negative experiences.</p>	<ul style="list-style-type: none"> <li>• Showing signs of tenseness and nervousness</li> <li>• Focusing on negative aspects</li> <li>• Overthinking/unable to stop racing thoughts which affects concentration</li> </ul>
<p><b>Depression</b> is a feeling of persistent sadness and low mood.</p>	<p><b>Feelings</b>- upset/tearful, hopelessness, restless/irritable, isolated and unable to talk to others, feeling down, no confidence.</p> <p><b>Behaviour</b>- avoiding social events that you would usually enjoy, weight loss/gain, loss of appetite/eating too much, difficulty sleeping/sleeping too much, substance abuse/increased alcohol consumption, lack of concentration, unable to face the day.</p>	<ul style="list-style-type: none"> <li>• Late for work</li> <li>• Not able to concentrate</li> <li>• More emotional at work</li> <li>• Not able to cope with workload</li> <li>• Taking time off work</li> <li>• Not able to communicate any feelings about how you feel</li> </ul>