

How Do You Know If You Are Stressed?



When you're under acute stress, you know you're stressed. But when it's chronic stress, it becomes so much a part of your life that you don't even realize it. Chronic stress wears out the immune system and as a result, the body can develop all kinds of diseases.

Warning signs of stress

Feeling overwhelmed, irritable, unable to control thoughts, upset, or quick to anger are some of the typical psychological signs of stress.

Other common physical signs of stress are fatigue, heart palpitations, panic attacks, increased heart rate and blood pressure, sweating, cold hands or feet, sleep disturbances, muscle contraction headaches or tension headaches, intestinal issues such as heartburn, indigestion, constipation, diarrhea, or gastroesophageal reflux disease, shortness of breath, hair loss, changes in appetite.

Research shows that some forms of stress (particularly job-related stress) can double your risk of heart disease and stroke.

Stress can be caused from situations at home or in the workplace.

The following are common causes of workplace stress

- Task design: Heavy workload, long work hours, infrequent breaks, routine tasks, not enough time to complete a job.
- Work roles: Conflicting or uncertain job expectations, too much responsibility, too many bosses or "hats to wear".
- Career concerns: Job insecurity; lack of opportunity for growth, advancement, or promotion.
- Environmental concerns: Unpleasant or dangerous physical conditions such as crowding, noise, air pollution, ergonomic issues, and fear of exposure to toxic chemicals.

Job-related stress combined with stress you experience at home will accumulate, intensifying the total amount of stress you need to deal with.



Health Risks Related To Stress

Stress has been linked to cardiovascular disease, musculoskeletal disorders, psychological disorders, suicide, cancer, ulcers, and impaired immune function.