



Not all stress is bad. In small doses, stress can help you accomplish tasks and prevent you from getting hurt. For example, stress is what gets you to slam on the brakes to avoid hitting the car in front. Its known as 'fight or flight mode' and is an essential part of human survival.

However, ongoing stress can become chronic stress if not addressed and this can have a number of negative side effects that can affect a person's ability to think straight and make good decisions. Chronic stress can cause serious medical issues such as depression or even heart disease. It can also have a negative effect on others around the stressed person.

IF YOU NOTICE A CHANGE IN BEHAVIOUR IN A WORKMATE OR YOURSELF, THEY POTENTIALLY COULD BE EXPERIENCING STRESS. LOOK OUT FOR....

PHYSICAL SYMPTONS

- ✚ Lack of energy
- ✚ Headaches
- ✚ Taut muscles e.g. tight shoulders or jaw
- ✚ Constricted breathing
- ✚ Increased heartrate
- ✚ Dry mouth
- ✚ Fatigue and/or insomnia
- ✚ Skin irritations

BEHAVIORAL SYMPTONS

- ✚ Anger or irritability
- ✚ Difficulty concentrating
- ✚ Negativity
- ✚ Indecision or hasty decisions
- ✚ Impaired judgements
- ✚ Foggy thinking
- ✚ Loss of confidence
- ✚ Low or withdrawn mood

WHAT SHOULD YOU DO IF YOU OR A WORKMATE IS SUFFERING FROM CHRONIC STRESS?

Talk About It!

Talking to someone about what's going on, or about the fact that you've noticed they seem to be stressed out, is the single most important thing you can do to help. There is a reason the saying exists "A problem shared is a problem halved". Hopefully the work of men like Mike King has helped men in NZ see that there is NO shame in acknowledging that they might need some help with a task. Whether its another pair of hands or a problem that needs to be solved, supporting your workmates is the right thing to do and can go a long way to preventing or relieving stress.

Good Nutrition

Quality Sleep

Quality Relaxation Time

Positive Mindset

Exercise