

## Look out for these signs of stress



■ Frequent tension in the neck and shoulders	<input type="checkbox"/>
■ More than 'normal' share of headaches, or a significant variation in the type of headaches	<input type="checkbox"/>
■ Regular 'churning of the stomach' during (and after) stressful episodes	<input type="checkbox"/>
■ Frequent tightness in the bowel region	<input type="checkbox"/>
■ Frequent tiredness and weariness	<input type="checkbox"/>
■ Being more easily, and frequently, frustrated and feeling 'on edge' during and after stressful episodes	<input type="checkbox"/>
■ Difficulty in concentrating and focusing (even after stressful episodes)	<input type="checkbox"/>
■ Feelings of inadequacy and inability to cope with normative demands in one's role – a perceptual frame of mind that sees situations and relationships as inherently stressful	<input type="checkbox"/>

Rogers (2012:21)