



# Recognising the Signs of Stress

When we are suffering from stress, we experience both emotional and physical reactions. These reactions differ from one person to another, and personality type does have an awful lot to do with the symptoms we experience and how we cope with them.

It is always advisable to consult your Doctor first to rule out any physiological causes for your symptoms. However, even in the case of physical illness, Hypnotherapy can help to reduce the stress, anxiety and depression that frequently accompany it. A positive mental attitude is vital when recovering from any illness be it emotional or physical, as it speeds up the recovery process.

Below are lists of both emotional and physical symptoms which could indicate you are suffering from stress:

## Warning Signs of Emotional Stress

- Excessive worrying (can include fearing something awful might happen).
- Racing thoughts and mind going round in circles.
- Inability to unwind, relax and switch off.
- Sleeping difficulties.
- Nightmares.
- Inactivity and avoidance of particular situations.
- Feeling overwhelmed and worrying that won't be able to cope.
- Feeling irritable, edgy and bad tempered (increased complaining).
- Mood swings.
- Negative self-critical thoughts.
- Increased sensitivity to criticism.
- Distorted ideas and more rigid attitudes.
- Lack of confidence and self-belief.
- Indecisiveness.
- Forgetfulness.
- Being disorganised.
- Feeling under pressure.
- Difficulties with concentration, memory and recall.
- Making mistakes more frequently.
- Struggling with simple tasks (e.g. adding up or working simple machinery).
- Lack of co-ordination.
- Irrational or rash decision making.
- Sudden feelings of fear and panic.
- Worrying will lose control, crack-up or become ill.
- Frustration and aggression.
- Jealousy.
- Misjudging people and situations.
- Emotional outbursts.
- Becoming more fussy, gloomy or suspicious.
- Feelings of guilt and shame.
- Feeling pessimistic about the future.
- Feeling nothing matters and that life is not worth living (suicidal thoughts).
- Obsessiveness about certain issues such as illness, tidiness, cleanliness or food.
- Paying inordinate attention to detail.
- Lacking in ability to feel pleasure or enjoyment.
- No sense of humour.
- Feeling very emotional, tearful and crying easily.



- Withdrawal.
- Putting off seeing friends and family, and having no interest in hobbies.
- Fears of social embarrassment or failure.
- Feeling abandoned.
- Being constantly frightened.
- Feeling persecuted.
- Impulses to run and hide.
- Sadness.
- Loneliness.
- Feeling of conflict.
- Feeling mentally drained.
- Loss of interest in sexual activity.
- Fears of imminent fainting, collapse or death.

### **Warning Signs of Physical Stress**

- Feeling tense, nervous or wound up.
- Constant restlessness and fidgeting.
- Muscle tension.
- Japiness.
- Muscle weakness or trembling.
- Accident proneness.
- Over-alertness.
- Difficulty in going to sleep, staying asleep or early awakening.
- Nightmares.
- Having irregular eating patterns and either eating too much or too little.
- Smoking and/or drinking too much, or taking tranquillizers or other drugs.
- Headaches or migraines.
- Feeling sick (including sensation of 'butterflies in the stomach or chest').
- Frequent urination.
- Suffering from an upset stomach, diarrhoea or constipation.
- Feeling tired, exhausted and physically rundown (known as 'burn out').
- Feeling short of breath even when resting.
- Difficulty swallowing.
- Experiencing tightness in the chest, neck or head.
- Palpitations (rapid, uneven or pounding heartbeat).
- High blood pressure.
- Odd aches, pains or twitches.
- Backache.
- Worsening of long-standing discomforts or pain.
- Immune system less efficient – more prone to minor ailments e.g. colds.
- Hot and cold flushes.
- Blushing.
- Sweating.
- Hyperventilation.
- Feeling dizzy, remote, unreal or faint.
- Tingling sensations.
- Numbness (including 'Pins and needles' in hands and/or feet).
- Increased blood sugar levels.
- Dilation of pupils.
- Dry mouth or throat.



- Panic attacks.
- Skin dryness.
- Rashes.

### **Dealing with the Stress**

It is important to deal with the stress as it can lead to panic attacks, avoidance behaviour, the development of fears and phobias or intrusive worrying thoughts which may eventually result in feelings of low confidence, depression and physical illness.

### **The Long Term Effects**

Prolonged periods of stress put a strain on the body's immune system and can result in physical illness ranging from minor to major health problems. These can become extremely serious and in some cases be life threatening.

### **Physical Illness**

Some of the physical problems and illnesses that stress can cause include: Indigestion, Heartburn, Nausea, Headaches, Migraines, Constipation, Diarrhoea, Hayfever, Asthma, Skin rashes, Irregular Menstruation, Irritable Bowel Syndrome, Stomach Ulcers, High Blood Pressure, Coronary Heart Disease, Strokes and Cancer.

### **Hypnotherapy**

Hypnotherapy is the crème de la crème of therapies when it comes to overcoming stress, anxiety, panic attacks and depression. So why suffer in silence when help is just a phone call away!