WHAT DOES STRESS LOOK LIKE?

EMOTIONAL — FEELING NUMB OR DETACHED; FEELING OVERWHELMED OR MAYBE EVEN HOPELESS.

PHYSICAL — HAVING LOW ENERGY OR FEELING FATIGUED.

BEHAVIORAL — CHANGING YOUR ROUTINE OR ENGAGING IN SELF-DESTRUCTIVE COPING MECHANISMS.

PROFESSIONAL — EXPERIENCING LOW PERFORMANCE OF JOB TASKS AND RESPONSIBILITIES; FEELING LOW JOB MORALE.

COGNITIVE — EXPERIENCING CONFUSION, DIMINISHED CONCENTRATION, AND DIFFICULTY WITH DECISION MAKING; EXPERIENCING TRAUMA IMAGERY, WHICH IS SEEING EVENTS OVER AND OVER AGAIN.

SPIRITUAL — QUESTIONING THE MEANING OF LIFE OR LACKING SELF-SATISFACTION.

INTERPERSONAL — PHYSICALLY WITHDRAWING OR BECOMING EMOTIONALLY UNAVAILABLE TO YOUR CO-WORKERS OR YOUR FAMILY.

STRESS

What CAN You Do?

Follow a healthy lifestyle: Eat healthy foods and exercise regularly. Practice good sleep habits and make time for rest and relaxation on a regular basis.

Make wellness part of everyday life: Prioritize emotional health to improve resilience and manage stress. This may include things such as exercise, spending time by yourself, or mindfulness exercises.

Schedule annual checkups: Take care of your body so you can face adversity and to help manage stress.

Connect with friends and family: Supportive relationships are important to everyone's well-being. Connect with a supportive colleague or workplace mentor to think through helpful strategies for managing stress at work.

Seek support from a support group or mental health professional: If stress affects your mood, behavior, or physical health, it may be helpful to talk with a mental health professional to talk through coping strategies.

MENTAL HEALTH & ADDICTION SERVICES Ohio