

## ■ Emotional

Anxiety  
(Nervousness, tension, phobias, panics)  
Depression  
(Sadness, lowered self-esteem, apathy and fatigue)  
Guilt and shame  
Moodiness  
Loneliness  
Jealousy  
Over-reacting  
Crying

## ■ Mental

Difficulty in concentrating  
Difficulty in making decisions  
Difficulty 'turning off'  
Frequent forgetfulness  
Increased sensitivity to criticism  
Negative self-critical thoughts  
Distorted ideas  
More rigid attitudes  
Obsessional intrusive thoughts

## ■ Health

Coronary heart disease/essential hypertension/strokes  
Stomach ulcers/colitis  
Migraine/headaches  
Asthma/hay fever  
Skin rashes/eczema  
Amenorrhoea  
Diarrhoea  
Irritable bowel syndrome  
Back pain  
Susceptibility to colds and flu

## ■ Physical

Increased heart rate (high blood pressure)  
Difficulty breathing  
Butterflies in the stomach  
Muscle contraction (aches, pains)  
Hot and cold spells (blushing, sweating)  
Nausea – feeling sick  
Numbness and tingling sensations  
Increased blood glucose levels  
Difficulty swallowing/dry mouth  
Dilation of pupils  
Frequent urination  
Fatigue  
Increased blood and urine catecholamine and corticosteroids  
Immune system less efficient

## ■ Behavioural

Difficult sleeping/early wakening  
Emotional outbursts  
Irritation/anger/aggression  
Excessive eating/loss of appetite  
Excessive drinking and smoking  
Accident proneness/trembling  
Difficulty relaxing  
Avoidance of particular situations  
Social avoidance/withdrawal  
Inactivity  
Restlessness  
Biting nails

## ■ Organisational

Absenteeism  
Poor industrial relations  
High labour turnover rates  
High accident rate  
Poor productivity  
Job dissatisfaction