



Recognising Stressful Situations

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What are the signs you or your colleagues might notice in yourself when you are under a lot of pressure?

Physical effects e.g. heart / pulse racing, dry mouth, shallow breathing, tense muscles, headaches

Cognitive effects e.g. poor concentration, memory lapses, daydreaming, poor decision making

Emotional effects e.g. irritability, anger, aggression, tearfulness, impatience, depression

Behavioural effects e.g. insomnia, change of appearance, lateness, eating more / less, drinking alcohol

Part of tolerating stress is knowing what part of your environment that you have control over and can change and letting go of the things that you cannot change.

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Make a list of every situation, issue, circumstance or worry that is on your mind right now. Try to come up with at least 10.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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Most of the things we worry about are beyond our control. Go through the list above and cross out those that you have no control over. This includes anything to do with another person's behaviour or the consequences, situations that you cannot influence, things beyond your control, etc.

Now go over the list and select the top three things that you can do something about.

1.

2.

3.

For each issue that you can do something about write three small actions that you can do over the next couple of days to deal with the situation.

Issue 1

a)

b)

c)

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Issue 2

a)

b)

c)

Issue 3

a)

b)

c)

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