

Feel Stressed?

Stress

Pressure is a part of work and helps keep everyone motivated, but excessive pressure can lead to stress, which can undermine performance and lead to illness and absence.

Stress causes our breath to speed up, digestion to slow, muscles to tense, mouth to become dry, heart rate and blood pressure to rise and our immune system to become suppressed.

Sustained exposure to feelings of stress may lead to problems in concentrating, low mood and energy, anxious/panicked feelings, pessimism, or hypersensitivity. Our appetite may be affected; we may drink more, take unusual risks, neglect responsibilities or withdraw.

Strengthening resilience

Our ability to thrive on typical pressures, avoiding negative stress, is dependent on how resilient we are feeling. Resiliency is the ability to persist in the face of adversity and "bounce back" from setbacks. Our resilience can change and be different from person to person, what one person's stress can be another person's challenge.

If you would like to talk to a counsellor about how to strengthen your resilience and deal with life's challenges that keep being thrown at you, call us.

For counselling and advice, call free:

0800 328 1437

If abroad: +44 (0) 1482 661 814

Or visit us online:

employeeassistance.org.uk

