

10 Ways to know that you are stressed

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- 1 You feel intensely tired and your energy is so low you can't summon up enthusiasm for anything or anyone. In fact you may not be able to get a good night's sleep.
- 2 You can't think straight, your brain seems fuzzy, and you've lost that sharpness and creative edge.
- 3 You're confused, accident prone, and make mistakes – despite double-checking everything you do.
- 4 You're withdrawing and becoming more isolated and can't be bothered with other people's problems. You become irritable when people make demands on you.
- 5 You're short-tempered more often and find little things are getting to you. You can't seem to control these feelings.
- 6 You feel unwell a lot of the time. You've stopped looking after yourself and are not bothered about your appearance.
- 7 You never really relax and you can't stop thinking about all the things you have to do. You may take work home but not get around to doing anything with it.
- 8 You find yourself putting things off more often. This procrastination puts even more pressure on you and you feel you're in a vicious circle.
- 9 You don't really know what you're doing and why. You feel restless a lot of the time or find yourself daydreaming more than usual.
- 10 Life isn't fun anymore – and neither are you. It's time to get professional help and support (try help@smith-guttridge.eu).