



GLASGOW ANXIETY & DEPRESSION
COUNSELLING SERVICE

EVERYDAY STRESS

What is Everyday Stress?

We all experience stress from time-to-time. Stress can be triggered by various factors including physical health; finances; work; family; mental health; relationships; past experiences; and our living environments. We all expect a little bit of stress in life. In fact, a little bit of stress can give us motivation and drive to work towards our goals, help us complete tasks and allow us to engage with activities and causes that are meaningful to us or that we care about.

However, sometimes stress becomes too much and we can feel that life is difficult to manage or cope with. We might try reducing our stress levels using unhelpful strategies such as smoking; over-or-under eating; drinking alcohol; taking drugs; over-working; aggression; avoiding situations; and ignoring how we are really feeling.

In these instances, stress can become a problem and affect us mentally, socially, psychologically, emotionally and physically and have an impact on work, relationships and our daily life generally. When stress levels are perceived as outside of our ability to cope, are high or continue over a long period of time, it can affect our mental health and wellbeing and we can become physically and mentally unwell.

Signs and Symptoms of Stress

Some of the stress signs and symptoms to look out for include:

- Headaches
- Tiredness and fatigue
- Sleep problems
- Low energy
- Changes in mood
- Feeling more anxious

- Frequent colds and infections
- Loss of sexual desire and/or ability
- Chronic pain
- Skin and hair problems, such as acne, psoriasis, and eczema, and permanent hair loss
- Changes in appetite (e.g. over-and-under-eating)
- Digestive problems (e.g. constipation, heartburn, indigestion, IBS, upset stomach, nausea, diarrhoea)
- Rapid heartbeat and chest pain
- Butterflies in the stomach
- Sweating
- Constant worrying
- Drinking more alcohol or smoking more cigarettes than usual
- Over-working (e.g. staying at the office longer)
- Feeling agitated or irritated
- Difficulty relaxing or taking time out
- Feeling overwhelmed or unable to cope
- Running out of time (e.g. not having enough time to do everything you want or need to do)
- Feeling bad or negative about yourself
- Clenches jaw and grinding teeth
- Inability to focus and concentrate
- Forgetfulness
- Exhibiting more nervous behaviours, such as nail biting, fidgeting, and pacing
- Cardiovascular disease, including heart disease, high blood pressure, abnormal heart rhythms, heart attacks, and stroke

These are some of the signs and symptoms of stress. Remember, we are all different and some of us will notice the physical symptoms more while others might be more bothered by the emotional or cognitive effects of stress.

Whatever your symptoms might be, stress over a long period of time can lead to many other problems and have a significant impact on our physical and mental health. Take action before it's too late and you become ill with stress. Get in touch to find out how we can support you with stress.