



Health Matters Assistance Programme



Warning signs of excessive stress at work

When people feel overwhelmed, they lose confidence and become irritable or withdrawn, making them less productive and effective and their work less rewarding. Beyond interfering with job performance and satisfaction, chronic or intense stress can lead to physical and emotional health problems.

So, the warning signs and symptoms of excessive job and workplace stress we should all look out for are:

- Feeling anxious, irritable, or depressed
- Apathy, loss of interest in work
- Problems sleeping or fatigue
- Trouble concentrating
- Muscle tension or headaches
- Stomach problems
- Social withdrawal
- Loss of sex drive
- Using alcohol or drugs to cope

If you recognise any of the above, talk to someone. Remember you can always speak to the **Health Matters Assistance Programme**. The service is completely confidential and is available to you around-the-clock.

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !

Support when you need it

Freephone: 0800 083 7545

Just some of the other issues covered by the HMAP....

Stress & Anxiety

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Debt Counselling

Financial Matters

Legal Matters

Family Life & Relationships

Illness, Health & Wellbeing

Nutrition & Healthy Eating

Childcare & Parenting

Eldercare

Traumatic Incidents