SIGNS AND SYMPTOMS OF STRESS

BEHAVIOR SIGNS

- ✓ Worrying about things you didn't worry about before
- ✓ Loss of interest in things you used to enjoy (hobbies)
- ✓ Wanting to withdraw from people and activities
- ✓ Poor concentration, confusion; forgetfulness
- ✓ Uncertainty or trouble making decisions
- ✓ Relationship problems
- ✓ Sad mood
- ✓ Feeling anxious
- ✓ Change in personality, irritability
- ✓ Negative thinking
- ✓ Increased smoking/drinking

PHYSICAL SIGNS

- ✓ Weight loss or gain, changes in appetite
- ✓ Stomach or gastrointestinal problems
- ✓ Poor or disturbed sleep
- ✓ Clenching or grinding teeth
- ✓ Chest pain
- ✓ Poor hygiene



WHAT CAN YOU DO

Do you recognize the signs and symptoms in yourself or someone you know?

YOURSELF

- ✓ Reach out to a loved one. Talk about how you are feeling.
- ✓ Talk to your friends, clergy, or medical provider.
- ✓ Reach out to a mental health counselor.

SOMEONE YOU KNOW

- ✓ Listen attentively and without judgement. Try to understand where they are coming from.
- ✓ Share your concerns about his/her behavior, mood, appearance, etc. Ask questions about any changes you observe.
- ✓ Encourage them to reach out/ tell a family member.

National Suicide Prevention Line: 1-800-273-8255

It's free, confidential and open 24/7

Ag Health & Safety Alliance

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UMASH Upper Midwest Agricultural Safety and Health Center

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