



Hawkins County Schools Staff Wellness Newsletter



Do you know the signs of stress?

Stress may effect you in many diverse ways. Learn how to recognize the symptoms of stress in order to re-channel your energy.

Stress warning signs are as follows:

- Inability to sleep
- Unusual irritability
- Bickering with family or friends
- Depression
- Sweaty Palms
- Increase or loss in appetite
- Feeling overwhelmed or numb
- Trouble concentrating
- Feeling consistently disappointed
- Desire to drink or smoke
- Overly negative attitude
- Nit picking
- Allowing small things to bother you
- Headache
- Crying
- Fatigue
- Muscle Spasms
- Irregularity
- Feeling out of control
- Losing your temper more often
- Being unable to express yourself
- Tendency to blame others



Stop stress in the following ways:



- Regular Exercise
- Deep Breathing
- Take a bath before bed
 - Get a massage
 - Eat healthfully
- Try to get adequate sleep
- Listen to relaxing music
 - Try not to take work problems home with you
- Try not to procrastinate; do all necessary work in small increments

