

SIGNS OF

# Stress

Stress can manifest in different ways. Some of the signs and symptoms are identified below\*. If you are consistently experiencing any of the below, we recommend you seek assistance from a health professional.



## Emergency help

If you are at risk of harming yourself or others, seek immediate assistance:

Call 000 in Australia or 111 in New Zealand.

Visit the emergency department at your nearest hospital.

Call Lifeline on 13 11 14 in Australia or 0800 543 354 in New Zealand.

## 01 *body*

- Headache and/or other aches and pains
- Sleep disturbance
- Fatigue
- Digestion problems
- High blood pressure
- Muscle tension

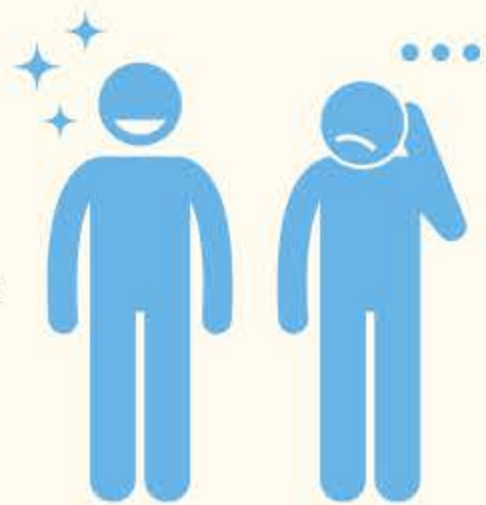


## 02 *mind*

- Increasing anxiety and worry
- Anger, irritability
- Depression, sadness
- Feeling a lack of control
- Restlessness
- Difficulty concentrating

## 03 *behaviour*

- Changes to appetite
- Increasing use of addictive substances e.g. alcohol, drugs
- Relationship conflict
- Avoidance



## *What to do next?*

The RCPA is committed to ensuring our Fellows and Trainees have adequate support, particularly during difficult times. We encourage you to seek support and have resources available on our website.

The RCPA has partnered with Converge International to provide Fellows and Trainees with free, confidential support for up to 3 sessions per year.