



Identifying Early Signs of **Work-related Stress**

You're finding it harder to concentrate than usual...


You're  questioning your ability to fulfill your role...

You're becoming increasingly more anxious, irritable or emotional... 

You're finding it hard to switch off from work when at home... 

You're feeling yourself withdraw socially... 

You're feeling overwhelmed and lost...

 You're losing interest in activities and hobbies that once engaged and motivated you...