

WARNING SIGNS OF CHRONIC STRESS

When we don't properly recover after a stressful episode, we continue to absorb stress unconsciously, which can result in chronic stress:



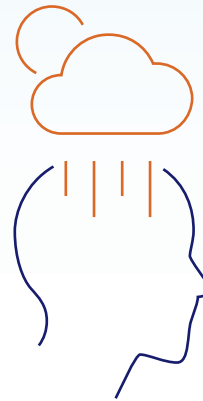
Physical

- Headache
- Stomachache
- Muscle tightness
- Elevated heart rate



Behavioral

- Bossiness/arguing
- Increased alcohol/substance use
- Compulsive eating/smoking
- Shouting/crying/withdrawal



Emotional

- Anxiousness
- Boredom
- Edginess
- Powerlessness



Cognitive

- Not thinking clearly
- Forgetfulness
- Indecision
- Inability to focus

Note: Chronic stress can lead to burnout, which the World Health Organization classified, in 2019, as an occupational phenomenon characterized by three dimensions: feelings of energy depletion or exhaustion; increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and reduced professional efficacy.

Source: Alexander Caillet, Jeremy Hirshberg, and Stefano Petti, "A simple way to combat chronic stress," *Harvard Business Review*, April 15, 2016, hbr.org; World Health Organization