

5 PSYCHOLOGICAL REASONS YOU STRESSED THAT MAY SHOCK YOU

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BEHAVIOUR CHANGE

1

ANGER, IRRITABLE OR RESTLESS

Stress is a big part of our lives, and we all experience it in different ways.

The most common symptoms of stress are anger, irritability or restlessness. This is actually a positive because your awareness should be at its highest so you can act on fixing the problem straight away.

Here are some tips to help you:

- Take a walk (or start walking more)
- Eat healthy food regularly (this will help with energy levels)



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2

DEPRESSION OR ANXIETY

Did you know that your mental health can be affected by everything from the chemicals in your brain to stress?

It's true! Depression and anxiety are two common areas that come up when people have trouble with their mental health. But did you know that not all of it has to do with chemical imbalances in your brain? Sometimes, it can be stress-related.

If you're having trouble with your mental health, don't wait to talk to someone about it. If you're not sure where to start, try speaking with your doctor or a therapist.



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3

FEELING OVERWHELMED

Do you ever just feel like too much is going on and you can never seem to escape from it?

This is a key sign that you may be holding in your stress and not finding a way to release it.

When we're stressed, we often get anxious or overwhelmed by the things that are going on in our lives. This can lead us to have trouble sleeping, eating well, or focusing on what we need to do.

If this sounds like you, it's important to take some time for yourself. You don't have to go all out with an expensive trip—just make sure that you get some exercise, eat healthy food (and plenty of it), and spend time with friends who make you feel good about yourself.



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4

TROUBLE SLEEPING

Does it ever feel like your mind is going 100 mph before bedtime?

A simple solution is to take a notepad to bed and write down everything on your mind so that you don't have to try and retain that information in your sleep.

This way, when you wake up in the morning, all of those thoughts will be out of your head and all you'll have to do is read them over as if they were a dream.



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5

MAKING BAD DECISIONS?

Maybe it's because you're exhausted.

Making bad decisions is a sure sign of burnout and exhaustion, so if that's the case, maybe it's time to take a rest.

It can be hard to see when we're burned out, but your body and mind are trying to tell you something. We see this in our own lives as well—when we don't give ourselves enough time to rest, we feel tired and out of sorts, and then end up making silly mistakes like forgetting our keys or missing an important appointment.

So maybe it's not just about getting more sleep or drinking more water. Maybe it's about giving yourself some time away from work so that you can refresh your brain and body before diving back in again!

CONCLUSION:



Do any of these 5 signs that you're stressed and don't know it look familiar?

Stress isn't all about wanting to rip that guy's face off in the BMW as he cut you up at the roundabout and then flipped you the bird.

And actually, stress is very important to us as Humans. It's our body's natural way of responding to threats, whether they're real or imagined—and we need it to survive!

So being aware that you are actually under stress in a negative way is vital for not only your health but also for your weight-loss efforts. You see, stress is one of the largest factors behind gaining those extra lbs.

So learn how to recognize it, react to it, and release it! It's so important that you can be around for a long time to spend more precious time with your loved ones.

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