



THERAPY CALGARY
EMOTIONS CLINIC

www.emotionstherapycalgary.ca
(587) 577-4982
rod@emotionstherapycalgary.ca

SIGNS OF STRESS

Recognizing stress in yourself and others isn't just a skill - it's a lifeline for your well-being and relationships.

Work and Time Management

Time Crunch

Your to-do list never ends, leaving you no time to just breathe, let alone engage in self-care.

Blurred Work-Life Boundaries

Job demands spill into personal time, elevating your stress levels even when you're 'off the clock.'

Fear of Failure

You're paralysed by the thought that one mistake could ruin everything, adding another layer to your stress.

Emotional Responses

Impulse and Anger

Your fuse is short, and you're making choices you later regret, knowing it's not the healthiest way to cope.

Always on Edge

Even at home, you can't shake off the feeling of constant alertness, affecting your focus and sleep.

Lost Joy and Numbness

You can't remember the last time you felt genuinely happy or interested in your usual hobbies.

Persistent Negativity

A voice in your head keeps telling you things won't get better, sapping your emotional energy.

Emotional Disconnect

You're surrounded by people but feeling utterly alone, as if no one truly understands your stress journey.

Vague Advice, No Solutions

Your usual methods of stress management aren't working anymore, and the advice family and friends are giving you just makes you more frustrated.

Social and Interpersonal Impact

Relationship Strain

Stress is not just your problem; it's affecting your interactions with loved ones, making you feel even lonelier.

Feeling Undervalued

You're working hard but not feeling recognized, adding resentment to your stress cocktail.

Isolated in Your Stress

You're the go-to person for everyone, but now you're the one needing support and no one seems to get it.

Fear of Opening Up

You keep stress bottled up, not wanting to burden family or friends. They come to you for emotional support but it doesn't seem right to ask the same of them.

Physical Well-Being

Health Toll

You're more than emotionally stressed, it's become physical too - your muscles are tight, your heart races, and you feel tired all the time.