

THE POWER HIVE

THE SIGNS OF STRESS : 10 THINGS LEADERS SHOULD BE ON THE LOOKOUT FOR

- 1 OVERWORKING:** Keep an eye out for people staying at work later and later, or coming in earlier and earlier, especially when out of character. This could be a sign of an employee who's struggling with their workload.
- 2 IRRITABILITY:** twitchiness, nervousness, fidgeting, and over the top reactions are signs that your employee might be dealing with stress it is a natural response to feeling overwhelmed, helpless and fearful.
- 3 VISIBLE SIGNS OF TIREDNESS:** those who are stressed may suffer with insomnia or trouble sleeping at night. If an employee is regularly coming into work visibly tired - and they haven't had a new baby or taken it too far at the weekend, this is signals something isn't right. Stress can have both a mental and physical impact so someone who is usually energetic and enthusiastic becomes lethargic, then stress may be taking its toll on their physical wellbeing.
- 4 ALOOFNESS AND DISENGAGEMENT:** when stressed, employees might withdraw to avoid drawing attention to themselves. Some employees are introverts, but if someone who's normally outgoing and sociable begins isolating themselves, it could constitute a red flag.
- 5 NOT TAKING BREAKS:** employees who stop taking breaks, specifically lunch breaks to catch up on work could be stressed about their workload. Even worse, if they take home work or work over the weekends!
- 6 TIME OFF:** like with the above, a reluctance to take time off could be a sign that an employee is worried they'll fall behind with their workload. On the other hand, employees who begin arriving late on a regular basis or start booking more time off than usual, may be avoiding the workplace to get out of the stressful sensations it gives them.
- 7 LACK OF CONCENTRATION AND UNCHARACTERISTIC DIPS IN PERFORMANCE:** lapses in memory and concentration could indicate distraction caused by stress. Employees may also feel sensations of confusion helplessness and indecisiveness.
- 8 OVERLY SENSITIVE:** it's likely that those experiencing stress will become increasingly sensitive and emotional. People can become really upset and defensive about their work and take jokes to heart.
- 9 NEGATIVE LANGUAGE:** using negative language is a tell tale sign that an employee cannot escape their negative mindset. They may not be able to seek the solutions to problems and as a result become frustrated. This is most easily spotted in the way that a person speaks, tone
- 10 ISOLATING THEMSELVES SOCIALLY:** employees may withdraw from the environment contributing to their stress, as a result they start to disassociate with things to do with that environment such as out-of-work activities and opportunities to get to know members of the team.

