

## Signs of Workplace Stress

- 1. Working longer hours** Look out for colleagues who are starting early, working late, and working through breaks. You may even notice these coping strategies within your own behaviors. These are often signs of somebody who is struggling with their workload.
- 2. Visibly looking tired** It's not unusual for people who are stressed to have difficulty sleeping at night. If a colleague regularly appears exhausted, it could be a tell-tale stress signal.
- 3. Increased absence** Look out for colleagues who suddenly start booking more time off than usual. Taking regular, short-term absences for an ongoing problem may be reflective of underlying stress.
- 4. Uncharacteristic behavior** It is common for stressed individuals to act out of character. For instance, they might start turning up late, acting aggressively or being unusually quiet.
- 5. Decline in work performance** It's incredibly difficult for anyone to perform at their peak if they are experiencing work-related stress. Lack of concentration, indecision and an inability to complete tasks are all signs to be aware of.
- 6. Irritability** Irritability and stress often go hand-in-hand. Snappiness, bluntness and being overly aggressive are symptoms to look out for, particularly if these behavior patterns are out of character.
- 7. Withdrawal from work socials** If work is the cause of someone's stress, then they may begin to withdraw from anything to do with it, including out-of-office events like work socials.
- 8. Lack of punctuality** Timekeeping often becomes an issue where work-related stress is concerned. If a colleague suddenly starts missing deadlines, then it could be a sign that their workload is getting on top of them.
- 9. Increased sensitivity** If a colleague is stressed due to work, they may be more sensitive than usual, particularly when it comes to conversations surrounding work. For example, they may find comments about their performance more upsetting than they normally would.
- 10. Lacking energy** Stress can take both a mental and physical toll. If you notice a colleague suddenly seems slow and lethargic, this could be a sign of work-related stress affecting their physical wellbeing.

SOURCE: [Top 10 Causes of Stress at Work | 2023 | Champion Health](#)