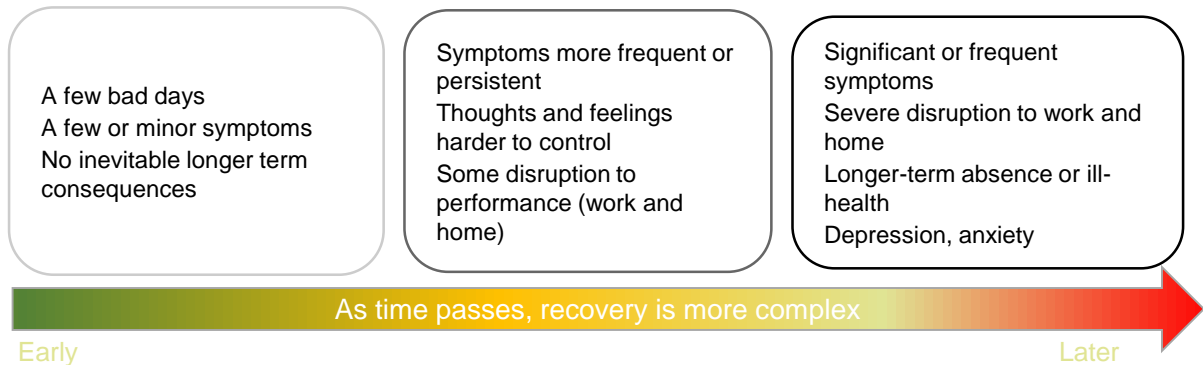


## Tip sheet

# Resilience in the moment

## Recognising pressure and stress

Stress is a basic biological response when we are presented with an unknown or unfamiliar situation, problem or person. When stress levels remain too high for too long, it can have a negative impact on our mental and physical health. Long term stress and pressure can result in mental illness and recovery is more complex. It's important to be aware of the signs and symptoms and check in early. If left unchecked, symptoms increase and the likelihood of needing professional help increases.



<b>Physical Changes</b>	<ul style="list-style-type: none"> <li>Muscle tension.</li> <li>Headaches or migraines.</li> <li>Sleep problems.</li> <li>Fatigue or lethargy.</li> <li>Digestive problems.</li> <li>Blood pressure changes.</li> <li>Significant changes in weight (up or down).</li> </ul>
<b>Behavioural Changes</b>	<ul style="list-style-type: none"> <li>Increased use of alcohol, tobacco, prescribed medications, etc.</li> <li>Over-reacting – irritable, emotionally charged.</li> <li>More distracted, making more errors.</li> <li>Becoming withdrawn from family and friends.</li> <li>Repeated short term absences/ long term absence.</li> <li>Extended hours at work.</li> </ul>
<b>Changes that are not obvious</b>	<ul style="list-style-type: none"> <li>Feeling anxious or angry.</li> <li>Lowered self confidence.</li> <li>Low mood, energy and motivation.</li> <li>Feeling a lack of control.</li> <li>Assuming the worst.</li> <li>Doubting your own ability.</li> <li>Procrastination.</li> <li>Negative self-talk.</li> </ul>
<b>Resources</b>	<ul style="list-style-type: none"> <li>All of our mental health and wellbeing resources are available on the wellbeing page on <a href="http://bhp.com">bhp.com</a> (<a href="#">English</a>   <a href="#">Spanish</a>).</li> <li>Remember, our <a href="#">Employee Assistance Program</a> provides free, confidential, 24/7 counselling service. This service is also available for immediate family members.</li> </ul>