



STRESS AND ITS² IMPACT (PAMPHLET, PSYCHO-EDUCATION)

BODY <ul style="list-style-type: none"> • Headache • Fatigue • Breathlessness • Muscle tension 	MIND <ul style="list-style-type: none"> • Worries • Muddled thinking • Indecisions • Disturbances in concentration
EMOTIONS <ul style="list-style-type: none"> • Irritability • Apathy, sadness • Fussiness • Alienation • Emotionally cold 	BEHAVIOUR <ul style="list-style-type: none"> • Decrease or Increase in appetite • Loss of sex drive • Insomnia • Restlessness • Alcohol abuse