

What is Stress?

Stress is real. It can be caused by excessive demands or excessive boredom. It can be aggravated by the imagination or by the rules, beliefs and attitudes that we set ourselves. Extreme stress or overwhelm is defined as the physiological, mental and emotional response that occurs when a person reaches their limits of physical, mental and emotional tolerance. In short when your stress levels go up your tolerance levels go down.

What is career stress?

Career stress is the physiological, mental and emotional response that occurs when we reach or exceed our limits of tolerance for the things in our careers. This could include reaching our limits for workload, physical exhaustion, social and business interaction, our limits of organisation, disappointments and set backs. In the modern world career stress is fast becoming the biggest cause of ill health for many people.

The effects of career stress on relationships include:

Many people underestimate the effects of career stress on the sufferer and their relationships. As a persons career stress increases many of their important relationship skills can become affected. For example as stress goes up a persons tolerance for more stress goes down. Consequently they become short tempered and may even become aggressive. As well as tolerance declining person's mental faculties become stretched so they become confused, forgetful and distracted. It isn't difficult to see how these things can impact negatively on their relationships. Tiredness and fatigue become a problem in career stress stripping away a persons desire to spend time with loved ones.

When one or both partners are suffering from career stress their relationships will suffer in kind. There will be an increase in arguments, hurtful and defensive behaviours, fights and even domestic violence can be the outcome. Often one or both partners will become disillusioned and start to withdraw from the relationship. Tiredness and fatigue will often mean that sexual intimacy declines and acts of love and kindness also diminish.

What are the symptoms of career stress?

The Symptoms of Career Stress include mental, emotional, physical, behavioural and social effects.

Some of the mental symptoms of career stress include:

Mental deterioration in a person's capacity for more tasks.
Rigid adherence to dogmatic beliefs
The stressed person will increasingly have difficulty resolving problems
Their memory will begin to deteriorate

Some of the emotional symptoms of Career Stress include:

Their tolerance will also reduce leading to short temperedness

Agitation
Angry outbursts.
Difficulty with noise
Mood swings are common in people suffering with stress career stress

Some of the behavioural symptoms of include:

- Avoidance of stressful situations
- Crying
- Excessive alcohol use
- Excessive sense of responsibility
- Explosive demonstrations of anger
- Perfectionism

Some of the physical symptoms of career stress include:

- Difficulty winding down and relaxing
- Headaches
- High blood pressure
- Increased sensitivity to pain
- Muscle and joint pains
- Tremors

Some of the physiological symptoms of career stress include:

- A vulnerability to illness including ulcers, arthritis, heart attack and some forms of cancer.
- More agitated and reactive to situations
- Some of the behavioural symptoms of career stress include:
 - These people will often become less productive
 - They will often indulge in excessive drinking and drug taking, sex and food, in order to immediately reduce their stress.

These are only some of the symptoms of career stress and this list is not diagnostic. If you believe you or someone you know is suffering from career stress call for an appointment.

What is the best treatment for career stress?

The treatments for stress need to be comprehensive and tailored to you and your specific needs in order to get the quickest and most lasting results. Usually they will include mental, emotional, physical, and social strategies. The most important thing to do is to have an accurate assessment of your situation so that the most effective treatment plan can be formulated. Once an effective treatment program has been implemented I will support you until your stress is under control or eliminated. As we get your career stress under control you will automatically notice an improvement in your relationship in all ways.