

# Workplace stressors have toxic effects

What we feel right away is ...

Dry mouth, difficulty swallowing

Out of breath or short, shallow breathing

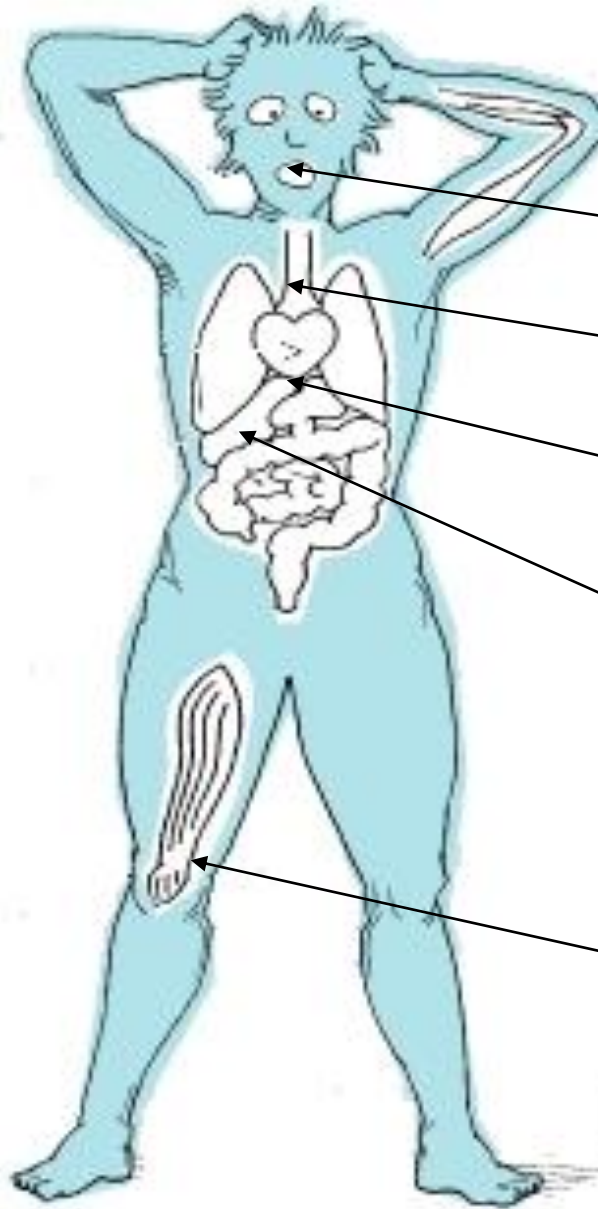
Heart races

Stomach feels "funny" (butterflies, knots)

Sweaty

Tense, achy, muscle pain, "shaky" feeling

Pins and needles



What's going on? Short-term stress effects include ..

Body fluids such as saliva are re-directed into the bloodstream

Airways widen to bring in more oxygen/energy for muscles

Blood pressure and heart rate increase to send oxygen/energy to muscles

Liver releases stored energy

Skin sweats to cool hot working muscle

Bloodstream gets more cholesterol, fatty acids and sugar for extra energy

Protein production decreases, muscle tissue slowly breaks down

Muscles tense up

Calcium discharges from tense muscles

## Strain (long-term) physical effects include ...

Sleep disorders, insomnia, fatigue, exhaustion

Headaches, tension, grinding teeth

Cardiovascular problems (eg. high blood pressure, heart attacks, other heart and circulation system changes)

Chest pains/problems

Immune system problems which then make it easier to get sick

Asthma

Digestive system problems (eg. spastic colon, ulcers, impaired digestion, irritable bowel syndrome); weight gain or loss

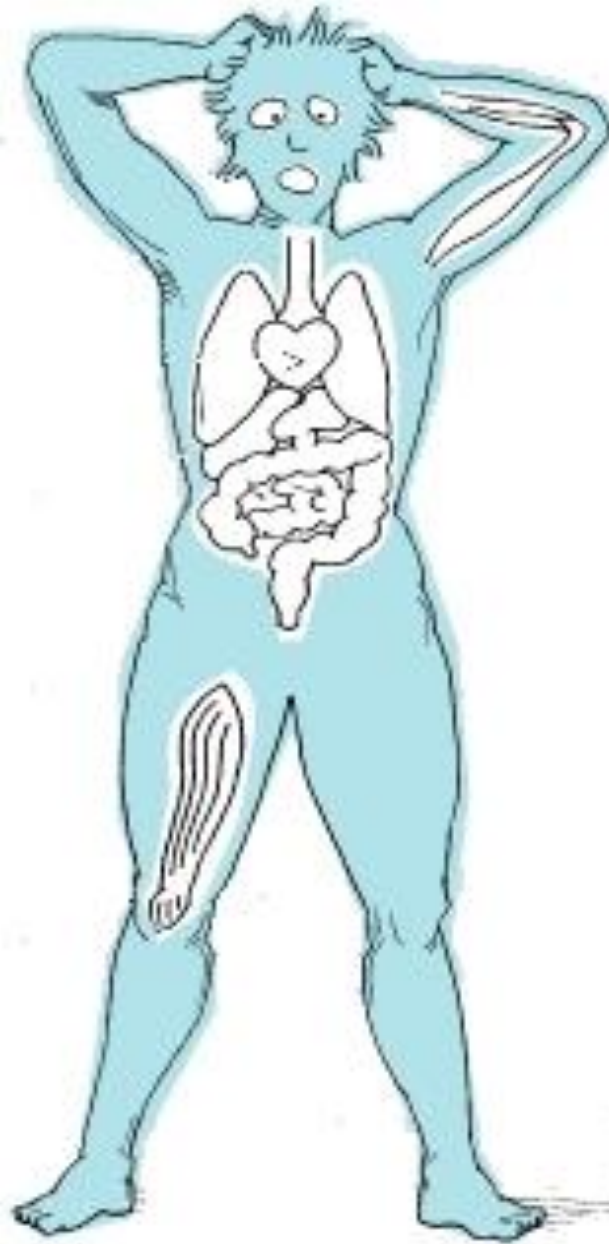
Diabetes

Menstrual disorders

Sexual dysfunction

Joint and muscle pains; arthritis

Burnout



## Strain (long-term) non-physical effects include ...

Anxiety, increased tension and fearfulness

Feeling apathetic, low self-worth, blaming ourselves for our stressed state

Social isolation, withdrawal at home and work, stop participation in family, sports and community activities

Inability to concentrate and finish tasks

Mistrust, blaming others (including "the union"), paranoia

Drug and alcohol abuse

Conflict with family and friends (sometimes violent), fights with co-workers and supervisors

Anger, frustration, envy

Depression, mood changes, constant negativity

Suicidal thoughts

Over-reaction, irrational behaviour

Job dissatisfaction