Noticing the signs of stress

Stress shows up in different ways and can affect your health, your work, and your relationships.

Not sure if you're stressed or burning out? Here are some signs to look out for. You may want to screenshot or save this list so it's there when you need it.

Are you	Yes	No
Having trouble sleeping?	☐	☐
Feeling more on edge or easily frustrated than usual?	☐	☐
Having difficulty concentrating?	☐	☐
Experiencing headaches, fatigue or muscle tension?	☐	☐
Feeling emotionally drained and/or unable to enjoy work?	☐	☐
Feeling run down or unwell more often than usual	☐	☐

If any of the above sounds familiar, you're not alone - and you don't have to push through it alone either.

Music Minds Matter is here to help. Call or WhatsApp us on **0808 802 8008**, or visit **musicmindsmatter.org.uk**

General information only – not medical advice. If at risk call 999. For urgent help in a crisis call NHS 111 or Samaritans 116 123 (free, 24/7). For non-urgent help speak to your GP or a licensed professional.