

# 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?	<input type="checkbox"/>	<input type="checkbox"/>
Feeling more on edge or easily frustrated than usual?	<input type="checkbox"/>	<input type="checkbox"/>
Having difficulty concentrating?	<input type="checkbox"/>	<input type="checkbox"/>
Experiencing headaches, fatigue or muscle tension?	<input type="checkbox"/>	<input type="checkbox"/>
Feeling emotionally drained and/or unable to enjoy work?	<input type="checkbox"/>	<input type="checkbox"/>
Feeling run down or unwell more often than usual	<input type="checkbox"/>	<input type="checkbox"/>

**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 us on 0808 802 8008 or text MUSIC to 85258.