

PSYCHOLOGICAL RISK

SIGNS AND SYMPTOMS



Get in touch



Recovery Partners

Physical

- Increased heart rate (pounding)
- Increased blood pressure
- Sweaty palms; tightness in chest
- Headaches
- Diarrhoea
- Tightness in neck/back muscles
- Trembling, tics or twitching
- Stuttering or speech difficulties
- Pupil dilation
- Nausea and/or vomiting
- Sleep disturbance
- Fatigue
- Proneness to accidents
- Slumped posture
- Shallow breathing
- Susceptibility to minor illnesses
- Dryness of mouth or throat
- Butterflies in stomach

Emotional

- Irritability or angry outbursts
- Lowered self esteem
- Depression
- Jealousy
- Feeling 'up tight'
- Suspiciousness
- Diminished initiative
- Loneliness
- Helplessness
- Insecurity
- Frustration
- Lack of interest
- Tendency to cry
- Critical of oneself and others
- Lacking in confidence
- Self deprecation
- Exhaustion
- Desire to escape

Cognitive

- Forgetfulness
- Preoccupation
- Blocking
- Errors in judging distance
- Diminished or exaggerated fantasy life
- Reduced creativity
- Difficulty making decisions
- Mental confusion
- Lack of concentration
- Diminished productivity
- Lack of attention to detail
- Orientation to past
- Over sensitivity to criticism

Behavioural

- Increased smoking
- Aggressive driving
- Having accidents
- Clumsiness
- Nervous laughter
- Panic
- Increased alcohol or drug abuse
- Carelessness
- Eating too much
- Fast /incoherent speech
- Chewing fingernails

Source: Department of Commerce - WorkSafe Division. Psychologically Safe & Healthy Workplaces Risk Management Approach Toolkit.