

Long-term impact of stress - Emotional

- Physical and psychological tension increased (cannot “switch off” or relax)
- Personality traits become exaggerated
- Self-esteem falls
- Increased anxiety, over-sensitivity, defensiveness and hostility
- Increased emotional outbursts
- Imagined complaints add to real stressors
- Loss of interest or motivation
- Obsessive behaviours
- Relationships become strained