

**DID YOU KNOW THAT MENTAL STRESS
CAN MAKE YOU SICK?**



STOP

CHECK YOUR STRESS

When you are under stress for a long time, you can experience pain, heart palpitations, digestive problems and more.

IT IS TIME TO PRIORITISE MENTAL HEALTH IN THE WORKPLACE.

Long-term mental stress takes a toll on your body and can lead to heart disease, high blood pressure, depression and accidents at work.



GO THROUGH THE STRESS CHECKLIST

- ☐ Lower-back pain that doesn't go away
- ☐ Heart pounding or skipping beats (heart palpitations)
- ☐ Feeling dizzy
- ☐ Headaches (often)
- ☐ Nausea and stomach aches (without changing your diet)
- ☐ Not being able to get to sleep (insomnia)
- ☐ Shortness of breath when you're not exercising
- ☐ Cold hands and feet (poor circulation)
- ☐ Tense muscles
- ☐ Painful joints
- ☐ Extreme tiredness (fatigue)
- ☐ Being frightened easily
- ☐ Difficulty concentrating

✓ x4

If you checked 4 boxes or more, stress is affecting your body. To make it stop and get better, call or text the South African Depression and Anxiety Group (SADAG):

24-hour number / 7 days a week
Suicide Crisis Hotline: 0800 567 567
SMS line: 31393
8am-5pm / 7 days a week WhatsApp
Cipla chat line: 076 882 2775



Stress is normal. Suffering is not.
#MentalHealthAtWork