



Stress symptoms

Don't mess with stress.

Can you recognize the symptoms of harmful stress? Short-term effects include excessive perspiration, cold hands and feet, nervous habits, tension and upset stomach. Long-term effects include allergies, headaches, ulcers, high blood pressure and heart problems. There also are psychological or behavioral effects, such as moodiness, depression, inability to concentrate or work effectively, and use of drugs or alcohol.

The Employee Assistance Program offers counseling, management and union consultation, life coaching and crisis response. EAP professionals are always there for you. Check out www.EAP4YOU.com for more information or call 1-800-EAP-4-YOU (800-327-4968) or TTY: 877-492-7341.

And that's smart safety!

For additional information or guidance, contact your safety office.