

4 PHASES OF STRESS

WHERE ARE YOU AT?

When stress persists for an extended period of time or if the stress is severe in intensity, it is typical that a person may feel overwhelmed. Over-compensating in some areas or completely neglecting others are both common means by which the pressure of the stress causes a state of imbalance. Knowing the phases of stress can alert us to when we may be experiencing chronic stress.

PHASE 1

HIGH FUNCTIONING

In phase one, individuals are engaged and manage the pressures that come their way. Their motivation is high and they are engaged in both home and work life. If there is a stress at home, it is managed well and does not affect work life, and vice versa.

- Committed to tasks
- High satisfaction
- Able to deal with stresses as they arise

PHASE 2

BECOMING DISILLUSIONED

In this phase, the individual begins to feel the pressures of home and/or work as seeming overwhelming at times. They often choose to disengage to try to refocus their energies.

- Begins to avoid certain people/tasks
- May have lapses of concentration
- Loss of satisfaction in many areas

PHASE 3

WITHDRAWING

In phase three, the person feels a general sense of dissatisfaction. The individual finds both home and work life draining. The flow of negativity between home and work is now open.

- Loss of enthusiasm for work, home, relationships, recreation
- Many people and tasks are now major irritants
- Issues at work affecting personal life and vice versa

PHASE 4

COMPLETE DISENGAGEMENT

When an individual reaches phase 4, they are no longer able to cope with the demands of everyday life. There is complete disengagement from the expectations of both home life and work life.

- A complete disdain for many people and/or tasks
- Loss of all patience and sense of humour
- Lack of motivation and enthusiasm