

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 for the person to feel overwhelmed. Overcompensating 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 help us recognize when we may be experiencing chronic stress.

PHASE 1

HIGH-FUNCTIONING

When stress persists for an extended period of time - or if the stress is severe in intensity - it is typical for the person to feel overwhelmed. Their motivation is high and they are engaged in both home and work life. Stressors at work or at home are managed well and do not affect each other.

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

PHASE 2

BECOMING DISILLUSIONED

In this phase, the individual starts to feel overwhelmed by the pressures of home and/or work. They often choose to disengage so they can 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 flow of negativity between their home and work lives is now open, and they start to find them both draining.

- Loss of enthusiasm for work, home life, 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 four, they are no longer able to cope with the demands of everyday life. There is complete disengagement from the expectations of both their home and work lives.

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