

SIGNS OF STRESS

How to tell if you're stressed out? Everyone reacts differently, but many medical experts point to the following:

- Moodiness
- Irritability or short temper
- Inability to relax
- Feeling overwhelmed
- Loneliness and isolation
- Depression or general unhappiness
- Memory problems
- Problems concentrating
- Constant worrying
- Changes in eating and/or sleeping habits
- Using alcohol, cigarettes or drugs to relax

According to those same experts, what ultimately can cause stress is your reaction to and perception of life's events. Some pilots facing poor weather for their flight may become tense and preoccupied. Others may relish the challenge of circumnavigating thunderstorms or shooting an ILS to minimums. Think about the ways you react to stressful situations and, if you recognize them before a flight, do whatever's necessary to relax before taking off.



High blood pressure can be a sign you're suffering from too much stress. Don't wait until your next FAA medical to have it checked.
