



# Stress Level?

You are not alone –  
**You may be experiencing Stress**

**These are difficult and uncertain times  
for Construction workers.**

- Feeling under pressure, negative, depressed, disappointed in yourself, afraid, sensitive, angry, lonely, withdrawn, useless, exhausted or moody?
- Worried about money/debt, losing your job, finding work, your relationship, family, or just everything?
- Finding it difficult to talk to people, make decisions, concentrate, remember things, sleep, or relax?
- Continually making mistakes, having trouble with other workers, eating/drinking/smoking more or taking other drugs to cope or escape?

Discuss your concerns with your Doctor, employer, a trusted friend, co-worker, or family member

**Ask for help.**

**BuildHealth**  
www.buildhealthni.com

Leaflets can be obtained from:



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CONTROLLING RISK TOGETHER