

# **BULLYING CAN BE HAZARDOUS TO YOUR HEALTH!**

## **THE MANY FACES OF HURT**

- Poor concentration, forgetfulness
- Loss of sleep, fatigue
- Stress, irritability
- Mood swings, bursts of anger
- Spontaneous crying, lost sense of humor
- Indecisiveness
- Panic attacks, anxiety
- Clinical depression
- Feelings of insecurity, being out of control
- Nightmares about the bully
- Obsessive thinking about the bully
- Always anticipating the next attack (hyper-vigilance)
- Shattered faith in self-competence, feelings of worthlessness
- Shame embarrassment, and guilt
- Self-destructive habits: Substance abuse, work holism
- Altered personality, unrecognizable to family & friends
- PDSD/PTSD (stress disorders)
- Suicidal thoughts
- Violence: suicide or violence against others

## **PHYSICAL HEALTH DAMAGE**

- Reduced immunity to infection: more colds, flu
- Menstrual difficulties
- Itching, skin disorders
- Stress headaches
- Increased allergies, asthma
- Indigestion, colitis, irritable bowel syndrome
- Rheumatoid arthritis, fibromyalgia
- Hair loss
- Weight swings
- Hyperthyroidism: overactive thyroid gland
- Migraine headaches
- Hypertension: high blood pressure
- Diabetes mellitus
- Peptic ulcers
- Heart palpitations
- Heart attack
- Micro-shedding: weakened heart

*From the Bully at Work, Gary Namie, PhD & Ruth Namie, PhD, 2003; Sourcebooks, Inc.*