

# STRESS RECOGNITION

Stress affects people in different ways. What one person finds stressful may not affect someone else at all. Stress can be helpful when it motivates you to act, for example, prompting you to study for an exam. However, when stress becomes overwhelming, it can feel burdensome and make it difficult to cope with everyday challenges. **Reflect on how you personally experience stress. Think about the symptoms you notice when you are stressed. Refer to the examples to help guide your responses, and feel free to include any symptoms you experience that are not listed.**

- a. What physical symptoms do you experience?
- b. How do you feel emotionally?
- c. What thoughts do you notice?
- d. What behaviours do you display?

Physical Symptoms	Feelings	Thoughts	Behaviours
Changes in weight		I am not good enough.	
Tiredness/fatigue	Sadness or depression	I have too much to do.	Change in eating habits.
Trouble sleeping	Feeling overwhelmed	I cannot cope.	Sleeping more or sleeping less
Aching muscles	Feeling restless	I wish people did not keep asking me to do things.	Decline in work/school performance.
Nausea	Reduced enjoyment in activities you once enjoyed	Why do people put pressure on me?	Using drugs
Headaches		I do not want to do this.	Biting nails
Getting ill more often	Feeling irritable		Wanting to be alone
Shaking/twitching	Feeling negative	I just want to sleep	Avoiding contact with others
Changes to bowel movements			

**Which of these symptoms do you find the most challenging or troubling? List two or three strategies you could use to help reduce or manage these symptoms.**