

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.**

- What physical symptoms do you experience?
- How do you feel emotionally?
- What thoughts do you notice?
- What behaviours do you display?

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