

Identifying Stress

If you're struggling with stress it is helpful to know the signs and recognise the ways that you react before it triggers and becomes harmful to your physical and mental wellbeing and that of those around you. Some of these signs may have causes other than stress, so please be sure to check with your doctor if symptoms persist.

Use this checklist the next time you are in a stressful situation as it will help to identify how you respond to stress emotionally and physically.

- | | |
|--|---|
| <input type="checkbox"/> Racing heartbeat | <input type="checkbox"/> Skin problems such as rashes and breakouts |
| <input type="checkbox"/> Heart palpitations | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Sweating | <input type="checkbox"/> Nervous behaviors |
| <input type="checkbox"/> Gastrointestinal problems | <input type="checkbox"/> Appetite change |
| <input type="checkbox"/> Stomach ache | <input type="checkbox"/> Nervousness |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Forgetful |
| <input type="checkbox"/> Shortness of breath | <input type="checkbox"/> Indecisive |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Lack of energy |
| <input type="checkbox"/> Urinating more | <input type="checkbox"/> Back pain |
| <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Neck pain |
| <input type="checkbox"/> Cold hands, feet, and/or skin | <input type="checkbox"/> Heartburn |
| <input type="checkbox"/> Tense muscles | <input type="checkbox"/> Nausea or vomiting |
| <input type="checkbox"/> Lowered or heightened sex drive | <input type="checkbox"/> Belching or flatulence |
| <input type="checkbox"/> Sleep problems | <input type="checkbox"/> Panic attacks |
| <input type="checkbox"/> Anger | <input type="checkbox"/> Grinding teeth |
| <input type="checkbox"/> Use of drugs and/alcohol | <input type="checkbox"/> Light headedness |
| <input type="checkbox"/> Anxiety | <input type="checkbox"/> Frequent colds |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Increase in allergy attacks |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Mood swings |
| <input type="checkbox"/> Inability to focus | <input type="checkbox"/> Feeling overwhelmed |
| <input type="checkbox"/> Lack of motivation | <input type="checkbox"/> Suicidal thoughts |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Frequent crying |
| <input type="checkbox"/> Chest pain | <input type="checkbox"/> Emotionally reactive |
| <input type="checkbox"/> Social withdrawal | <input type="checkbox"/> Obsessive or compulsive behavior |
| <input type="checkbox"/> Beginning or increasing tobacco use | <input type="checkbox"/> Reduced productivity |
| <input type="checkbox"/> Mind racing | <input type="checkbox"/> Rapid or mumbled speech |
| <input type="checkbox"/> High blood pressure | <input type="checkbox"/> Impulsivity |
| <input type="checkbox"/> Weight loss or gain | <input type="checkbox"/> Focusing on negative thoughts |

Managing Stress

Review the stress management techniques below. Try each one of the techniques and then check it off. Report if it was effective on the lines below and include any other stress reduction techniques you may have found successful.

- Exercise
- Take deep breaths
- Visualise a calm place
- Meditate
- Avoid stress triggers
- Eat a healthy meal
- Talk to friends and family
- Focus on the positive
- Prioritise and schedule
- Reduce workload
- Take a holiday
- Try progressive relaxation
- Keep a diary
- Listen to music
- Change your perspective
- Control the situation
- Accept what you can't control
- Play a sport
- Do a favorite hobby
