

# Are You Stressed?

## Stress Signals

### BODY SIGNALS: how does your body respond to stress?

- Perspiration/ sweaty hands
- Headaches
- Dry throat or mouth
- Sleeping problems
- Dizziness
- Diarrhea/ constipation/ upset stomach
- Grinding teeth
- Chest constriction
- Muscle tension
- Fatigue/ tire easily
- Rapid pulse or shortness of breathe
- Butterflies in stomach
- Sexual difficulties
- Other physical complaints \_\_\_\_\_

### FEELINGS: how do you feel in response to stress?

- Anxious / nervous
- Irritable / short-tempered
- Sad or hopeless
- Moody
- Overly sensitive
- Don't feel like doing anything
- Other feelings \_\_\_\_\_

### THOUGHTS: how do you think in response to stress?

- Trouble concentrating
- Difficulty making decisions/ poor judgment
- Fear of failure
- Worry about future
- Forgetful
- Low self-esteem
- Other thoughts \_\_\_\_\_

BEHAVIOR: *how do you act in response to stress?*

- Crying more than usual
- Acting impulsively
- Increased smoking
- Nail biting and other nervous tics
- Eating more or less
- Sleeping more or less
- Withdrawing from social contact
- Increased use of alcohol or drugs
- Other actions: \_\_\_\_\_