

Signs and Symptoms of Stress

Physical

dry mouth
difficulty breathing
pounding heart
stomach ache
headache
diaphoresis
frequent urination
tightening of muscles
shaky legs and/or hands
loss of appetite/binge eating

Emotional

sudden irritability
tension
difficulty sleeping
narrowed perception
frequent feelings of fatigue
feeling overwhelmed
problems with concentration, focus and
decision making
anger
emotionally reactive

Activity Recognising Stress

1. List the ways you experience stress physically, emotionally and behaviourally.

Physically	Emotionally	Behaviourally

2. Circle the ways stress affects you that are most troubling.

3. List two or three things you can do to reduce these symptoms.

Or list times when you notice these symptoms are less intense.

Activity Identifying your Stress Triggers

