

Identifying Stress

The next time you are in a stressful situation, use this checklist to identify how you respond to stress emotionally and physically.

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

Stress Management Techniques

Review the stress management techniques below. Try each one of the techniques and then check it off. Report if it was effective on the line beside each technique.

- Exercise _____
- Counting your breathes _____
- Visualizing a calm place _____
- Meditation _____
- Step away from the stressor and come back _____
- Eat a healthy meal _____
- Vent about the situation _____
- Focus on the positive _____
- Prioritize and schedule _____
- Reduce workload _____
- Take a vacation _____
- Progressive relaxation _____
- Journaling _____
- Music _____
- Change your perspective _____
- Control the situation _____
- Accept what you can't control _____
- Play a sport _____
- Do a favorite hobby _____