

Recognise your signs of stress

Before we can deal with stress, It's important to first learn to recognise it! What effects does stress have on our **body**, **feelings**, **thinking** and **behaviour**? Do you recognise your stress signals?

→ **Exercise**: Imagine a situation in which you were suffering from stress. For example: a difficult group assignment, an oral exam, a first date, giving a speech at a wedding, ... What was going through your mind at that moment? What effect did the stress have on you?

What effect did the stress have on...			
... your body?	... your feelings?	... your thinking?	... your behaviour?
<input type="checkbox"/> Accelerated breathing <input type="checkbox"/> Pressure on the chest <input type="checkbox"/> Abdominal pain <input type="checkbox"/> Nausea <input type="checkbox"/> Belching <input type="checkbox"/> Constipation <input type="checkbox"/> Over-stimulated bladder (frequent visits to the toilet) <input type="checkbox"/> Headache <input type="checkbox"/> Muggy feeling <input type="checkbox"/> Becoming red or hot <input type="checkbox"/> Dizziness <input type="checkbox"/> Sweating <input type="checkbox"/> Dry mouth <input type="checkbox"/> Cold hands and/or feet <input type="checkbox"/> Getting pale <input type="checkbox"/> Fatigue	<input type="checkbox"/> Anxious <input type="checkbox"/> Down <input type="checkbox"/> Sad <input type="checkbox"/> Frustrated <input type="checkbox"/> Angry <input type="checkbox"/> Lonely <input type="checkbox"/> Powerless <input type="checkbox"/> Ashamed <input type="checkbox"/> Guilty <input type="checkbox"/> Emotional <input type="checkbox"/> Listless <input type="checkbox"/> Unsatisfied <input type="checkbox"/> Tense <input type="checkbox"/> Tired	<input type="checkbox"/> Concentration difficulties <input type="checkbox"/> Easily distracted <input type="checkbox"/> Worrying <input type="checkbox"/> Forgetfulness <input type="checkbox"/> Uncertainty, indecision <input type="checkbox"/> Black-and-white thinking <input type="checkbox"/> Negative thinking <input type="checkbox"/> Disaster thinking <input type="checkbox"/> Loss of interest <input type="checkbox"/> Fixation on details <input type="checkbox"/> Concern <input type="checkbox"/> Finding solutions is more difficult	<input type="checkbox"/> Being irritable/temperamental <input type="checkbox"/> Acting in haste <input type="checkbox"/> Being restless <input type="checkbox"/> Delaying <input type="checkbox"/> Avoiding <input type="checkbox"/> Crunching teeth <input type="checkbox"/> Reacting impulsively <input type="checkbox"/> Repetitive behaviour <input type="checkbox"/> Drinking more alcohol <input type="checkbox"/> Drinking more coffee <input type="checkbox"/> More smoking <input type="checkbox"/> Use of medication <input type="checkbox"/> Eating more or less <input type="checkbox"/> Being weepy <input type="checkbox"/> Isolating yourself <input type="checkbox"/> Nail biting <input type="checkbox"/> Indifferent or apathetic reaction <input type="checkbox"/> Neglecting yourself <input type="checkbox"/> Complaining <input type="checkbox"/> Blaming others <input type="checkbox"/> Responding sarcastically