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
Now that you know what stress feels like, you can start to identify stressors. The next time you feel your stress level rise, write down what stressed you out below. Do this for at least a week.

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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 ____________________________________________________