

WHERE DOES MY STRESS COME FROM?



WORK SOURCES: (i.e. deadlines, colleagues)

HOME LIFE SOURCES: (i.e. housework, finances)

OTHER: (e.g. social sources, recreational etc)

INDIVIDUAL SOURCES: (e.g. changing habits, expectations)



MY SIGNS OF STRESS

<p>PHYSICAL (BODY) i.e. nausea, sweating</p>	<p>EMOTIONS i.e. angry, scared</p>
<p>BEHAVIOUR i.e. crying, shouting</p>	<p>THINKING i.e. "I can't cope", "I'm useless"</p>

COMMON SIGNS OF STRESS

PHYSICAL	Chest pain Clenched jaw Cold, sweaty Fatigue Dry Mouth Itchy rash Fatigue Frequent illness	Frequent Urination Grinding Teeth Headache Appetite Change Sweating Heartburn Insomnia Muscle spasms	Nausea Racing Heart Shakiness Stomach cramps Tight chest/throat Short of breath Shallow Breathing Impaired sexual function
EMOTIONS	Anger Anxiety/Fear Boredom Depressed Sadness Insecure	Shame Guilt Worthlessness Hopeless Helpless Irritable	Mood Swings Panic Attacks Restlessness Impending doom/danger
THINKING	Cynical Pessimistic Defensive	Poor concentration Racing thoughts Suspiciousness	Loss of direction, sense of purposeness
BEHAVIOUR	Angry outbursts Shouting/yelling Rant and rave Change in sleep Crying spells Physical aggression Impatience Increased arguing	Over-eating Lose appetite Forgetful Unmotivated Absenteeism Increase alcohol Increase drug use Increase smoking	Increase accidents Mistakes at work Nervous twitch/habit Withdraw from others Decreased self-care Decreased job performance Lose interest in activities normally enjoyed.

HOW I DEAL WITH STRESS
(My coping strategies or techniques)

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