



Are you "under" STRESS?

Name _____

STRESS SYMPTOMS

I know I'm under stress when I... (✓)

- | | |
|---|---|
| <input type="checkbox"/> Cry more than usual | <input type="checkbox"/> Have difficulty concentrating/focusing |
| <input type="checkbox"/> Can't sleep | <input type="checkbox"/> Sleep more than usual |
| <input type="checkbox"/> Eat more than usual | <input type="checkbox"/> Don't feel like eating |
| <input type="checkbox"/> Am irritable | <input type="checkbox"/> Am on the move all the time—fidgety |
| <input type="checkbox"/> Resort to the use of alcohol/drugs | <input type="checkbox"/> Become overly sensitive |
| <input type="checkbox"/> Have "physical complaints" | <input type="checkbox"/> Don't feel like doing anything |
| | <input type="checkbox"/> Other _____ |

STRESS REDUCERS

When I see these "symptoms," I will... (✓ and be specific)

- Go for a walk _____ for _____ mins.
- Read a good book _____ for _____ mins.
- Go shopping at _____ for _____ mins.
- Exercise _____ for _____ mins.
- Listen to music on the _____
- Watch my favorite T.V. program(s) _____
- Use relaxation techniques _____
- Take some time for myself by _____
- Do something I'm skilled at _____ for _____ mins.
- Talk to my friend, therapist, doctor, someone else named _____
- Say "No" to _____
- Confront the situation by _____
- Limit certain behaviors _____
- Prioritize my responsibilities # 1 _____
- # 2 _____
- # 3 _____
- Other _____