



## 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 \_\_\_\_\_