My stress warning signs

Tick your signs of building stress and pick out the earliest ones.

Name _____ Date _____

Tick the signs you get when stress is building. Then pick out the earliest ones. Those are the ones to watch for.

Body

- [ ] Tight shoulders, neck or jaw
- [ ] Headaches
- [ ] Trouble sleeping
- [ ] Tired all the time
- [ ] Upset stomach
- [ ] Racing heart
- [ ] Getting ill more often
- [ ] Appetite changes

Feelings

- [ ] Irritable or snappy
- [ ] Anxious or on edge
- [ ] Overwhelmed
- [ ] Flat or low
- [ ] Tearful
- [ ] Guilty when resting

Thinking

- [ ] Mind racing
- [ ] Forgetful
- [ ] Cannot concentrate
- [ ] Cannot switch off
- [ ] Everything feels urgent
- [ ] Expecting the worst

Behaviour

- [ ] Skipping breaks or meals
- [ ] Working longer hours
- [ ] More alcohol, caffeine or food
- [ ] Avoiding people
- [ ] Putting things off
- [ ] Dropping exercise or hobbies

My earliest warning signs (the first two or three I notice)

What other people notice in me first

When I spot these signs, the first thing I will do

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