

What does **stress** look like for you?

Stress is a normal human reaction that happens to everyone.

In fact, the human body is designed to experience stress and react to it whether that is personal or professional stress. At times, we may not even recognise what we're feeling as stress and even happy situations can cause us stress, such as planning a wedding.

Everyone will experience stress differently, it is therefore important to know what stress looks like for you.

Stressful periods are inevitable, so this worksheet is designed to help you understand how stress looks to you to prepare you for adversity.



Think about your **most recent stressful experience**.

Did the stressful feeling last a long time or a short time?

WHAT DOES STRESS LOOK LIKE FOR YOU?

Physical



E.g. headaches, stomach issues

-
-
-
-
-

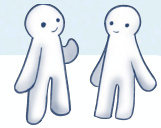
Emotional



E.g. anger, irritability

-
-
-
-
-

Behaviour



E.g. alcohol/drug misuse, overeating

-
-
-
-
-

Do you have any warning signs that indicate you're facing too much stress?

E.g. snappy, tearful, eating less

What maladaptive ways do you deal with stress?

E.g. causing arguments

-
-
-
-

What are the healthy/good ways you manage stress?

E.g. taking a break from the news

-
-
-
-

WHAT DOES STRESS LOOK LIKE FOR YOU?

Has your stress ever been beneficial, useful or necessary? Why or why not?

E.g. motivation when training for a competition

How do you take control of a stressful situation that is getting too tough?

E.g. taking time out from the situation to do something you enjoy instead

How does “fight or flight” relate to your stress?

E.g. You may “fight” stress to push through it, or “flight” from stress and shut down

How do you identify your most significant stress trigger points?

E.g. looking out for physical, emotional or behavioural sensations

How do you manage your personal stress?

E.g. going to the gym regularly

WHAT DOES STRESS LOOK LIKE FOR YOU?

How to manage stress at work?

E.g. writing to-do lists

Understanding where your stress comes from and how it can interact with and prompt stress in other aspects of your life can be really beneficial in building resilience during times of hardship.

If you are finding yourself struggling with severe stress, we recommend speaking with your GP or mental health professional.

