

Understanding Stress

Common signs of stress



Tearful



Withdrawn



Anger



Aches and Pains



Skin complaints



Forgetfulness



Difficulty Sleeping



Physical Exhaustion



Stomach issues

Managing Stress

Breathing exercises

Physical Activity

Getting out in nature

Doing something you love

Laughter

Humming

Meditation

Talk to someone

Questions to ask myself

- Is this something I can influence?
- What action can I take?
- Will I still be worried about this in 6 months time?
- What needs my urgent attention?
- Who can help me?

My Stress Signature

What do you do when you are stressed?

My Triggers

What causes you stress?

Who I can Ask for Help

Who can you talk to?

My Stress Busters

What are your coping strategies?