

WHAT ARE MY

STRESS SIGNS?



PHYSICAL

e.g. stomach aches, fatigue, headaches

MENTAL

e.g. difficulty concentrating



EMOTIONAL

e.g. anxiety, depression, anger

SPIRITUAL

e.g. loss of faith



BEHAVIOURAL

e.g. recklessness, increased use of alcohol or drugs

INTERPERSONAL

e.g. withdrawn, in conflict with others



WHAT ARE MY

COPING STRATEGIES?

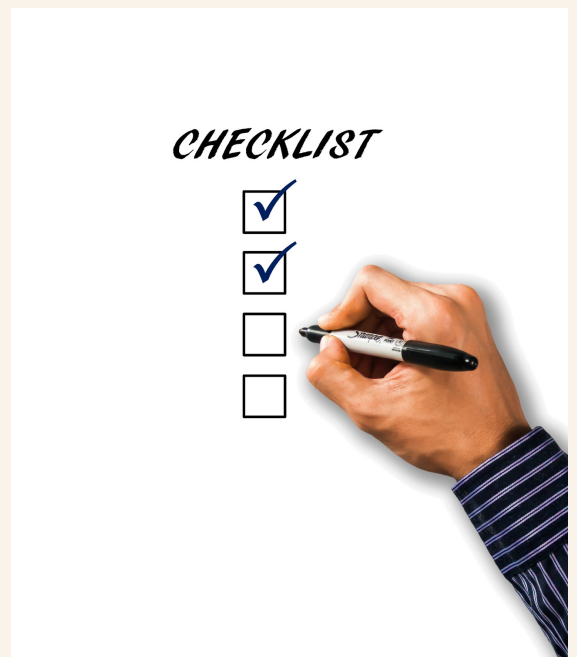


REST

e.g. taking a nap,
scheduling short breaks

GOAL-SETTING

e.g. making a to-do
list



HEALTHY HABITS

e.g. cooking a nutritious meal,
exercising

STRESS MANAGEMENT TECHNIQUES

e.g. breathwork,
meditation, journaling



SUPPORTIVE RELATIONSHIPS

e.g. connecting with
friends or peers

