



EQUIPPED

STRESS RESPONSE

Stress can affect you in many ways.

It may cause physical changes in your body (e.g. increased heart rate), it may affect you mentally (e.g. negative thinking patterns), it could affect your emotions (e.g. feeling agitated), and it can affect your behaviours (e.g. avoiding situations that cause us stress).



COMMON SIGNS OF STRESS

Physical

- Headaches
- Sweating
- Fast breathing

- Increased heart rate
- Butterflies in stomach
- Fidgeting
- Alertness
- Difficulty sleeping

Thoughts

- Not able to think clearly
- Negative thinking
- Worrying/ 'what ifs'
- Too many thoughts to process
- Lack of attention
- Judgemental

Emotions

- Anxious
- Scared
- Frustrated
- Nervous or on edge
- Sad
- Cranky/grumpy
- Feeling overwhelmed
- Mood swings

Behaviours

- Procrastination
- Snappy
- Distracted or having trouble focusing
- Avoidance
- Isolation/withdrawal
- Critical of others

Stress may look different depending on the person and the situation. The first step is recognizing the different signs of stress.

YOUR STRESS RESPONSE

Take some time and reflect on how stress affects you. Consider this information – it is relevant information to help you figure out how to recognize and react to stress.

What does stress feel like for you?

Please note that this space is offered as room to brainstorm or jot down some thoughts. This section is optional.