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| Stress Indicators  (warning signs) | |
| e.g. Cramming too much in; a sense of compulsion, headaches, irritability, going to bed later, sleeplessness, procrastination, reduction in nourishing activities etc. | |
| Actions/Strategies | |
| **Unhelpful** | **Helpful** |
| E.g. Eating too much / not eating, more coffee / painkillers, unhelpful self-talk / guilt, avoidance, working harder, mindless television, etc. | E.g. Listening to music / going for a run / physical exercise / turning television off / talk with friends / have a bath etc. |