**Compulsory activity: Identify your stress signals**

Tick all possible signals that could affect you when you are experiencing stress:

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| **Behaviour** |  | **Body** |  | **Emotional** |  |
| **Irascible** |  | Back pain |  | Fear |  |
| **Agitated** |  | Constipation, diarrhoea stomach pain |  | Feeling down |  |
| **Sigh** |  | Tiredness |  | Frustration |  |
| **Gnash one's teeth** |  | Lack of energy |  | Irritability |  |
| **Impulsive behaviour** |  | Belching |  | Loneliness |  |
| **Repetitive behaviour** |  | Headache |  | Powerless |  |
| **Alcohol (ab)use** |  | High blood pressure |  | Concentration difficulties |  |
| **Medication (ab)use** |  | Sore muscles |  | Forgetfulness |  |
| **Eating more or less** |  | Elevated heartrate |  | Mental tiredness |  |
| **Feeling tense** |  | Breathing faster |  | Uncertainty |  |
| **Crying spells** |  | Nausea |  | Shame/guilt |  |
| **Seeking isolation** |  | Transpiration |  | Emotionality |  |
| **Biting nails** |  | Trouble sleeping |  | Loss of interest |  |
| **Apathy** |  | Waking up too early |  | Resentment |  |
| **Neglecting yourself** |  | Upwelling of heat |  | Hostility |  |
| **Making mistakes at work** |  | Dry mouth |  | Worry |  |
| **Complain** |  | Trembling |  | Dissatisfaction |  |
| **Being cynical** |  | Dizziness |  | Less self-respect |  |
| **Smoke more** |  |  |  | Fixation on details |  |

Write down 3 signals that you already experienced. Start with the most important and indicate how often and how intense you experience this.

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| **Signal** | **Frequency**  **(number of times a week)** | **Intensity (0-100)** |
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