



Identifying stressors

Stress responses

Cognitive

- ⇒ Memory problems
- ⇒ Inability to concentrate
- ⇒ Poor judgment
- ⇒ Seeing only the negative
- ⇒ Anxious or racing thoughts
- ⇒ Constant worrying

Emotional

- ⇒ Depression or general unhappiness
- ⇒ Anxiety and agitation
- ⇒ Moodiness, irritability, or anger
- ⇒ Feeling overwhelmed
- ⇒ Loneliness and isolation
- ⇒ Other mental or emotional health problems

Physical

- ⇒ Aches and pains
- ⇒ Diarrhoea or constipation
- ⇒ Nausea, dizziness
- ⇒ Chest pain, rapid heart rate
- ⇒ Loss of sex drive
- ⇒ Frequent colds or flu

Behavioural

- ⇒ Eating more or less
- ⇒ Sleeping too much or too little
- ⇒ Withdrawing from others
- ⇒ Procrastinating or neglecting responsibilities
- ⇒ Using alcohol, cigarettes, or drugs
- ⇒ Nervous habits (e.g. nail biting)





Over-excited stress response

If you tend to become angry, agitated, overly emotional, or keyed up under stress, you will respond best to stress relief activities that quiet you down.

Under-excited stress response

If you tend to become depressed, withdrawn, or spaced out under stress, you will respond best to stress relief activities that are stimulating and energizing.

What are three strategies that might work for you?

1.

2.

3.

Options for my team:

1.

2.

3.
