

Signals of stress

BODY BUDGETTING

With this exercise, we reflect on our stress signals and how they manifest in our **bodies, thoughts or feelings and behaviours**. By discussing these stress signals, it becomes easier to know the difference between healthy and unhealthy work stress. After all, everyone reacts differently to stress. On the next page, write down how stress affects your body, thoughts or feelings and behaviour. You can use the list below to do this, but feel free to add your own specific stress signals.

»» BODY

- Accelerated heart rate
 - Fatigue
 - Muscle pain
 - Headache
 - Abdominal pain
 - Less/more appetite
 - Difficulty sleeping
 - Sweating
 - Dry mouth
 - Lots of energy/ little energy
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»» THOUGHTS/ FEELINGS

- Frustration
 - Anxious
 - Gloomy
 - Feeling alone
 - (Low) self-confidence
 - Indecisiveness
 - Rumination
 - Forgetful
 - Lack of concentration
 - Shame
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»» BEHAVIOUR

- Hot-tempered
 - Irritable
 - Agitated
 - Sighing
 - Isolating
 - Complaining
 - Making mistakes/ hurry
 - Drinking/ smoking
 - Gnashing teeth/ nail biting
 - Avoiding/ seeking conflict
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What effect does stress have on your body, your thoughts/ feelings and your behaviour? Write down below which signals you get both when you are under healthy stress (the bank account), when you are living on reserves (the savings account) and when you are under unhealthy stress (the credit account).

How can you notice the signals in yourself more quickly in the future? How can others help you in this?

	»» BANK ACCOUNT ACUTE STRESS	»» SAVINGS ACCOUNT RESERVES	»» CREDIT ACCOUNT CHRONIC STRESS
BODY	<i>Ex. Energy to perform, not very hungry</i>	<i>Ex. Headache, fatigue, neckpain</i>	<i>Ex. Poor sleep, hypervigilance</i>
THOUGHTS FEELINGS	<i>Ex. Motivated, ruminate about tasks</i>	<i>Ex. Forgetful, less focus, dream@night</i>	<i>Ex. Low self confidence, shame</i>
BEHAVIOUR	<i>Ex. Nail biting, less social but focused</i>	<i>Ex. Agitated, making mistakes</i>	<i>Ex. Isolating</i>