

Stress Management



Stress: an emotional and physical response to demanding situations, including symptoms that may include worry, a feeling of being overwhelmed, increased heart rate, headaches, sleep difficulties, procrastination, and more.

Describe your largest source of stress, in detail.

Briefly list two other stressors you are experiencing.

1
2

Circle any symptoms you have experienced in response to stress.

Anger / Frustration	Anxiety	Decreased Sex Drive	Drug or Alcohol Use
Fatigue	Headaches	Indigestion	Muscle Tension
Nail Biting	Over or Under Eating	Procrastination	Sleep Difficulties
Social Withdrawal	Teeth Grinding	Worry	Other