



Stress Sheet

Complete this to help yourself understand the signs of stress and be more aware of the different ways of coping/responding.

Stress Indicators (warning signs)

Eg: being rushed, headaches, irritability/mood swings, sleep disturbances or sleeping late, procrastination, unable to relax, withdrawal, etc

Actions/Strategies

Helpful

Eg listening to music, doing some exercise or movement/stretching, take a break, talk to friends, go out in nature

Unhelpful

Eg eating too much, coffee/drinks, self judgement, avoidance, working harder, sleeping later, mindless surfing (TV, social media), etc.