



My Stress Profile

It is helpful to make a list of how stress affects you personally. When you begin to recognise that you are under stress, you will then be better able to prevent or minimise its effect. Use the headings below to help you identify how stress affects you, so that you can begin to consider at what point different stress management techniques might be most helpful.

My mental and emotional symptoms (thoughts and feelings)

My physical symptoms (the feelings in my body)

My behavioural symptoms (ask your family/friends how they can tell if you are stressed)

Behaviours and habits may include:

- increased smoking or alcohol intake
- increased or decreased appetite
- increased or decreased sleep
- nail biting or mannerisms such as finger tapping, fidgeting etc.
- the way you interact with others – increased irritability, withdrawing/isolating oneself