

# 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.**

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**Briefly list two other stressors you are experiencing.**

1	
2	

**Circle any symptoms you have experienced in response to stress!**

ANGER	ANXIETY	DESCREASED SEX DRIVE
DRUG OR ALCOHOL USE	FATIGUE	INDIGESTION
MUSCLE TENSION	NAIL BITING	OVER OR UNDER EATING
PROCRASTINATION	SLEEP DIFFICULTIES	SOCIAL WITHDRAWAL
TEETH WITHDRAWAL	TEETH GRINDING	WORRY