

## Checklist: Identifying Signs of Stress

In the spirit of nurturing self-awareness and promoting mental well-being, we've curated a checklist to help you identify the signs of stress. Recognising these signs early is a crucial step in managing stress effectively. Go through the list below, and tick any signs or symptoms that you've experienced recently.

### Physical Signs:

- Headaches or muscle pains
- Nausea or dizziness
- Rapid heart rate
- Frequent colds or infections

### Emotional Signs:

- Feeling overwhelmed
- Irritability or anger
- Sadness or depression
- Feeling unmotivated or unfocused

### Behavioural Signs:

- Changes in appetite (eating too much or too little)
- Procrastinating or neglecting responsibilities
- Using alcohol, cigarettes, or drugs to relax
- Exhibiting nervous behaviors (e.g., nail-biting, pacing)

## Cognitive Signs:

- Constant worrying or racing thoughts
- Inability to concentrate or make decisions
- Forgetfulness or disorganisation
- Pessimism or seeing only the negative side

## Relational Signs:

- Withdrawal from others
- Frequently arguing or having conflicts
- Difficulty relating to, or communicating with, others
- Feeling disconnected or isolated

## Action Steps:

- Review the items you've ticked and consider their frequency and intensity.
- Consider discussing your feelings with a friend, family member, or mental health professional if you find that stress is becoming overwhelming or unmanageable.
- Explore stress-relief strategies, such as those shared in our other exercises, and consider incorporating them into your routine.

Remember, this checklist is not a diagnostic tool but rather a way to bring awareness to signs of stress. If feelings of stress persist or become overwhelming, considering professional advice is always a good step.