**Session 2 – Manage Your Stress**

*(handout 1)*

**Below are some common warning symptoms of stress. Identify and circle the symptoms you experience when under stress.**

***Physical***

**• Headaches or backaches**

**• Muscle tension and stiffness**

**• Upset stomach**

**• Diarrhea or constipation**

**• Nausea**

**• Dizziness**

**• Insomnia**

**• Chest pain, rapid heartbeat**

**• Weight gain or loss**

**• Skin breakouts (acne, etc.)**

**• Loss of sex drive**

**• Frequent colds**

***Emotional***

**• Moodiness**

**• Agitation**

**• Restlessness**

**• Short temper**

**• Irritability, impatience**

**• Inability to relax**

**• Feeling tense**

**• Feeling overwhelmed**

**• Feeling helpless, hopeless**

**• Loneliness and isolation**

**• Depression or unhappiness**

***Cognitive***

**• Difficulty remembering things**

**• Indecisiveness**

**• Unable to concentrate**

**• Trouble thinking clearly**

**• Poor judgment**

**• Negativity**

**• Anxious or racing thoughts**

**• Constant worrying**

**• Inability to be objective**

**• Fearful anticipation**

***Behavioral***

**• Procrastinating**

**• Eating more or less**

**• Sleeping too much or little**

**• Developing nervous habits**

**• Isolating yourself**

**• Picking fights with others**

**• Using alcohol, cigarettes, or drugs to relax**

**• Teeth grinding or jaw clenching**

**• Overdoing activities**

**• Overreacting**