**Stress Management Tool 2017**

**UNDERSTANDING & DEALING WITH STRESS**

This tool will help you identify your stressors and responses

**The following things stress me out the most**

1.

2.

3.

4.

5.

**I can tell I am stressed because the following things happen to my body**

1.

2.

3.

4.

5.

**SIGNS AND SYMPTOMS OF STRESS**

Lack of sleep

Poor Judgement

Constant worrying

Nausea and dizziness

Frequent colds & flu

Eating more or eating less

Withdrawing from others

Using Alcohol, cigarettes & drugs to relax

Anxiety

Depression

Aches and pains

Feeling overwhelmed

Inability to concentrate

Irritability and anger

Diarrhea and constipation

Seeing only the negative

**When I am stressed, I have found the following things help me relax**

1.

2.

3.

4.

5.

**TIPS TO MANAGE STRESS**

* Try to avoid the things that stress you out
* Listen to your body when you feel stressed
* Identify the cause
* Practice techniques or tools that help you reduce stress

**Author: Mountain State Center for Independent Living**