

# MISSION POSSIBLE: MENTAL HEALTH

## Recognizing Stress Worksheet

### **Mental Health Toolbox: Tool #1**

The first step to managing stress is to learn how to recognize it. Understanding how stress affects you helps you understand what you can do to manage your stress. Use the Recognizing Stress Worksheet to help you learn about the symptoms you experience from stress as well as your causes of stress.

### **SYMPTOMS OF STRESS**

Directions: Check each symptom below that you experience when you're stressed.

<b>On Your Body</b>	<b>On Your Mood</b>	<b>On Your Behavior</b>
<input type="checkbox"/> Headache	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Changes in appetite
<input type="checkbox"/> Muscle tension/pain	<input type="checkbox"/> Restlessness	<input type="checkbox"/> Angry outbursts
<input type="checkbox"/> Chest pain	<input type="checkbox"/> Lack of motivation or focus	<input type="checkbox"/> Substance abuse
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Memory problems	<input type="checkbox"/> Tobacco Use
<input type="checkbox"/> Stomach Upset	<input type="checkbox"/> Overwhelmed	<input type="checkbox"/> Unable to make decisions
<input type="checkbox"/> Sleep problems	<input type="checkbox"/> Grumpy or angry	<input type="checkbox"/> Exercising less often
<input type="checkbox"/> Frequent colds/infections	<input type="checkbox"/> Sadness or depression	<input type="checkbox"/> Procrastination
<input type="checkbox"/> Rapid heartbeat	<input type="checkbox"/> Being pessimistic	<input type="checkbox"/> Nervous behaviors (nail biting, fidgeting, or pacing)
<input type="checkbox"/> Clenched jaw or grinding teeth	<input type="checkbox"/> Racing thoughts	<input type="checkbox"/> Withdraw from people around you
<input type="checkbox"/> Blurred Vision	<input type="checkbox"/> Constant worry	
<input type="checkbox"/> Sweating		

#### **OTHER SYMPTOMS**

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### TRIGGERS FOR STRESS

Directions: Check each box for the events, situations, experiences, people, or things that cause you stress.

Illness or Injury

Chronic Pain

Trauma

Infertility

Pregnancy or New Baby

Past or Future

Loss of a loved one

Work or School

Starting New Job

Public speaking

Retirement

Confrontation or conflict

Family or Relationship Issues

Parents

Children

Everyday tasks

Poor work-life balance

Social Gatherings

Upcoming event

Getting married

Finances/Money

Managing debt

Moving

### OTHER CAUSES OF STRESS

### Here are additional techniques to increase your self-awareness:

**Pay attention to how you feel throughout the day** in different situations. Which situations make you feel happy? Anxious? Overwhelmed?

**Daily Reflection Practice:** Carve out time each day to reflect on your emotions, experiences, and thoughts. Jotting them down can provide invaluable insights into patterns and triggers.

**Seek Feedback:** Practice how you would tell someone what's on your mind and what you need to feel better. Trustworthy friends, family, or a therapist can offer objective perspectives and help you understand blind spots.