

Tell us what you think!



YOUR STRESS PROFILE WORKSHEET

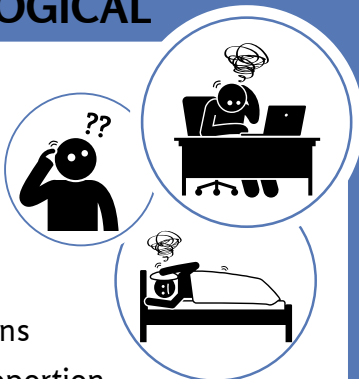
Check out the evidence!

Stress can show up in different ways for everyone, and it can manifest in these four general domains (psychological, emotional, physical, and behavioural).¹

Once you fill this stress profile worksheet out, you will find out your signs of stress (e.g., symptoms or habits) in each domain. It will give you an idea of how you react or behave in response to stress.

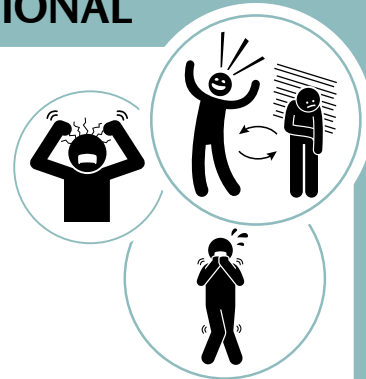
PSYCHOLOGICAL

- Difficulty concentrating
- Racing thoughts
- Persistent worry
- Forgetfulness
- Low self-esteem
- Difficulty making decisions
- Blowing things out of proportion
- Confusion
- Unable to let go of unsettling thoughts/feelings
- Feeling hopeless
- Difficulty falling asleep due to racing thoughts



EMOTIONAL

- Irritability
- Moodiness or anger
- Oversensitivity
- Nervousness
- Confusion
- Feeling unhappy
- Anxiety
- Mood swings
- Feeling restless
- Feeling overwhelmed



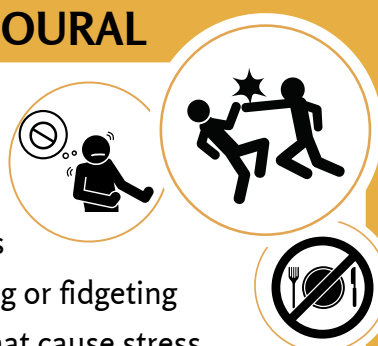
PHYSICAL

- Headache
- Feeling tired
- Muscle tension
- Stomach pain and/or digestive problems
- Jaw clenching or teeth grinding
- Difficulty falling asleep due to tenseness
- Skin conditions (ex. rash or hives)
- Neck or back pain
- Change in appetite (increased or decreased)
- Rapid heart beat or tightness in chest



BEHAVIOURAL

- Nail biting
- Constant pacing
- Angry outbursts
- Frequent crying spells
- Persistent foot tapping or fidgeting
- Avoiding situations that cause stress
- Overeating or not eating enough
- Fast or abrupt speech
- Getting into fights
- Poor choices to manage stress (ex. not eating properly, substance use, self-injury)



! Take a look at each domain and notice what your signs of stress are. Noticing your signs of stress would be the first step to coping with your stress effectively.

CONTACT INFORMATION

