

Discover Your Stress Style ---

Monitor your stress symptoms. They are the early warning signs of burnout. Think back to a recent stressful time – where did you feel your stress? There is no right or wrong answers. You might have six symptoms or twenty-six; it's all helpful info ...

PHYSICAL	EMOTIONAL	BEHAVIORAL
☐ exhaustion	☐ depression	☐ irritability
☐ anxiety	☐ frustration	☐ defensiveness
☐ sleep changes	☐ boredom	☐ negativism
☐ GI problems	☐ resentment	☐ difficulty concentrating
☐ head/backaches	☐ overload	☐ lower task completion
☐ lowered resistance	☐ apathy	☐ withdrawal from others
	☐ defensiveness	☐ hard to relax
	☐ powerlessness	☐ loss of humor, zest for life, enthusiasm
	☐ hopelessness	☐ use/misuse of:
		☐ caffeine
		☐ tobacco
		☐ food
		☐ alcohol
		☐ drugs
		☐ credit
		☐ sex
		☐ work



In the early days of stress management, the main focus was on teaching progressive deep muscle relaxation. With practice alternately tightening and releasing major muscle groups, you can train your body to relax. This is a very effective skill – for those folks who carry their stress in their body. If you have more emotional or mental stress, you end up with a relaxed body but no reduction in stress. Check out the second handout, *Copers for Your Stress Style*, to choose coping skills to fit you.

It's common for people to criticize themselves for how they experience stress. Shift your thinking:

Symptoms are simply your body and mind telling you to **DO SOMETHING!**

Stress symptoms are your FRIENDS.