

Stress Busters

Current Stressors in My Life

The Impact of Stress

Physical Symptoms:

Emotional/ Mental Symptoms:

Social/Relational Symptoms:

Behavioural Symptoms:

Impact of Stress

Heart Rate
Breathing
Blood Pressure
Muscle Tension
Anxiety
Mental Alertness
Metabolism



Digestion
Immune System
Mental Creativity
Emotional Stability



Three Strategies to Manage Stress:

1. Review the situation
2. Change how you perceive the situation
3. Modify how you react to the situation

Managing My Stress

1. What stressors can I eliminate, modify, or alter?
2. What thinking or feeling habits can I change?
3. What behavioural habits can I change?
4. What helps me to relax?