HOW STRESS AFFECTS YOU

HOW STRESS AFFECTS YOUR BODY
From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

Heart races  Shortness of breath  Increased appetite
High blood pressure  Dizziness  Tapping fingers
Sweaty palms  Neck feels sore  Muscle cramps
Face feels hot  Legs feel shaky  Backache
Tightness of chest  Upset stomach  Grind teeth
Fatigue  No appetite  Headache
Nausea  Feel like you are in a fog

HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS
From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

Easily angered  Nervous  Crying
Feeling depressed  Trouble making decisions  Restlessness
Lower sex drive  Irritable  Feeling bored
Exhausted  Cynical  Inability to sleep
Can’t concentrate  Aggressive

HOW STRESS AFFECTS WHAT YOU DO
From the list below, circle any of the things you may do when you are stressed.

Undereating  Increase smoking  Sleeping to escape
Overeating  Taking drugs  Withdraw from people
Arguing  Drinking  Breaking things
Stop doing things I like to do

To learn more, visit msue.msu.edu/managingfarmstress.

Source: Michigan State University Extension. RELAX: Alternatives to Anger.