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.

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