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

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

---

Source: Michigan State University Extension. RELAX: Alternatives to Anger.
MY ACTION PLAN

As a result of what I learned from the workshop, I will:

• Recognize symptoms of stress.

• My symptoms of stress include:

• Practice self-care to feel better.

• Some self-care techniques that I can use are:
  □ Practice a deep breathing exercise ________ times a day.
  □ Exercise for 20-30 minutes ________ times a week.
  □ Practice positive self-talk words or phrases in difficult situations (“calm,” “confident,” “I can do this!”).
  □ Your idea: __________________________

• Know my community resources that can help.

□ One community resource that I am likely to use myself or refer someone to is:
  Name: __________________________
  Contact Number: __________________________

Class: __________________________
Date: __________ Location: __________