

# HOW STRESS AFFECTS YOU



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## HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

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

## 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.

- |                          |                                 |                           |
|--------------------------|---------------------------------|---------------------------|
| <b>Easily angered</b>    | <b>Nervous</b>                  | <b>Crying</b>             |
| <b>Feeling depressed</b> | <b>Trouble making decisions</b> | <b>Restlessness</b>       |
| <b>Lower sex drive</b>   | <b>Irritable</b>                | <b>Feeling bored</b>      |
| <b>Exhausted</b>         | <b>Cynical</b>                  | <b>Inability to sleep</b> |
| <b>Can't concentrate</b> | <b>Aggressive</b>               |                           |

## HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

- |                                       |                         |                             |
|---------------------------------------|-------------------------|-----------------------------|
| <b>Undereating</b>                    | <b>Increase smoking</b> | <b>Sleeping to escape</b>   |
| <b>Overeating</b>                     | <b>Taking drugs</b>     | <b>Withdraw from people</b> |
| <b>Arguing</b>                        | <b>Drinking</b>         | <b>Breaking things</b>      |
| <b>Stop doing things I like to do</b> |                         |                             |

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To learn more, visit [msue.msu.edu/managingfarmstress](https://msue.msu.edu/managingfarmstress).

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# MY ACTION PLAN

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

- **Recognize symptoms of stress.**

- My symptoms of stress include:

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- **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: \_\_\_\_\_



Cultivating a productive mindset when it comes to dealing with stress can be done with the help of a personal action plan. Action plans can help us identify how we plan to deal with stress by listing out specific steps or tasks to help ourselves and those we care about. Consider some of the useful ideas listed on this page, or fill in the blanks to create your own ideas. Keep this action plan in a place where you will see it to remind you of your efforts.

**Look for additional learning opportunities on stress and anger management through your Cooperative Extension Service.**

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