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.

Shortness of breath Heart races 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.

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.

UndereatingIncrease smokingSleeping to escapeOvereatingTaking drugsWithdraw from peopleArguingDrinkingBreaking things

Stop doing things I like to do

MICHIGAN STATE UNIVERSITY Extension To learn more, visit msue.msu.edu/managingfarmstress.

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