

AM I OVER-STRESSED?



CHANGES IN MY BODY

- My muscles feel tense
- My breathing and heart rate feel quicker
- I'm having headaches or stomach aches
- I'm seeing changes in my sleep or appetite
- I've had diarrhea
- I'm feeling tired

CHANGES IN MY ACTIONS

- I'm using more alcohol
- I find myself withdrawing from others
- I'm smoking more
- I don't have as much patience as usual
- I'm using other drugs
- I keep fidgeting
- I've been avoiding situations that are stressful
- I'm using other drugs

CHANGES IN MY EMOTIONS

- i feel worried and confused
- I'm angry and irritable
- I'm sad and depressed
- I feel like I can't cope

CHANGES IN MY THINKING

- I have trouble concentrating/remembering/making decisions
- My thoughts are racing
- I've lost my self-confidence
- I have a negative attitude towards myself and my life