

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.

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|----------------------------|-----------------------------------|---------------------------|
| 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.

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|--------------------------|---------------------------------|---------------------------|
| 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 | | |

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

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