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 **Recognise Stress**Developing Own Interpersonal Skills

NAME:

DATE:

WORKPLACE:

**Can you identify when you are stressed?**

**How do you notice?**

**What symptoms do you have when you are stressed?**

 Headache Restlessness / Poor Irritability
 fidgeting concentration

 Bellyache Lack of Poor planning & Depressed
 motivation task execution

 Indigestion Increased Difficulty making Impatient
 aggression decisions

 Lack of appetite/ Avoiding contact Confusion and Frightened
 Over eating with others disorientation

 Nausea Loss of sense Negative Worried /
 of humour thoughts panic attacks

**List ways you experience stress physically, emotionally and behaviourally.**

|  |  |  |
| --- | --- | --- |
| **Physically**  | **Emotionally**  | **Behaviourally** |
|  |  |  |

**What do you do to manage stress? (think back to your Little Miss Sunshine session)**

**Identify stress in others. Can you circle the examples of stressed people?**

**1 2**

**3 4**

**5 6**

**Correct answers:**

**2**

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**3**

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**5**
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