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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** |
|  |  |  |

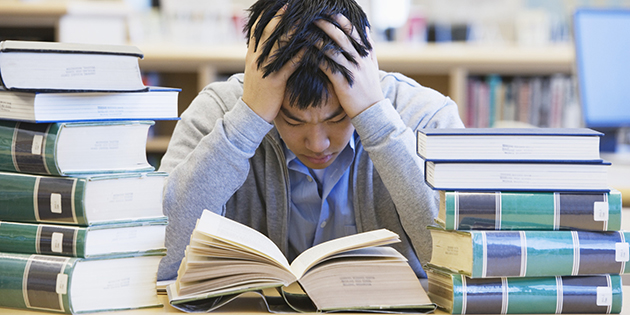
**What do you do to manage stress? (think back to your Little Miss Sunshine session)**

**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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