

Activity: Listening and Responding to Your Body's Stress Alarm

The human body is amazing and often recognizes that it is undergoing stress before you do mentally and it will give you signs. For example, you may have a hard time concentrating or making decisions, feel angry, irritable or out of control, or experience headaches, muscle tension or low energy. Everybody responds to stress differently, and becoming aware of the signs your body gives is one of the steps in becoming stress resilient. Take time to reflect on what your body is signaling to you in times of stress.

1. How does your body let you know that you are getting out of balance, heading into stress?

Often we adjust our habits related to caring for our body in response to stress. What patterns do you notice in the following three areas of your health habits?

2. What do you notice about your eating habits when you are stressed?

3. What do you notice about your physical exercise habits when you are stressed?

4. How about your sleep pattern?

As you review your answers, identify:

5. What responses to stress do you want to do more of to build your stress resilience?

6. What responses would you like to change?



Now that you have a list of some of the signals your body sends to notify that you are stressed, you can:

1. Recognize them in the future sooner so you are able to respond in a healthy manner
2. Develop a plan to address how you can adapt your lifestyle to be proactive with your stress resilience (See activity in this section of the toolkit: Care for Body)