

Understand Your Stressors & Know Your Own Signals



Every day, there are situations/triggers which can potentially set off our stress responses. It is how they are processed which will then determine the responses.

This processing is based on 3 “safety checks”:

1. Am I physically safe?— From immediate threats like a speeding car to subtle cues like a fire alarm or your blood sugar running low.
2. Am I emotionally safe?— Do I feel valued, included, and respected by those around me? Can I belong here, and do they like me?
3. Am I mentally safe?— Can I effectively contribute, and do I feel in control of my circumstances?

Recognise when you’ve entered the survival zones

Mental Focus

- ☐ Mental exhaustion
- ☐ Increased errors
- ☐ Forgetful and distracted
- ☐ Difficulty in decision making
- ☐ Negativity bias
- ☐ Increased worrying
- ☐ Difficulty to concentrate
- ☐ Deterioration in planning & organisation of work

Behavioral Symptoms

- ☐ Waking up early
- ☐ Not able to relax
- ☐ Procrastination
- ☐ Loss of motivation/enthusiasm
- ☐ Working longer hours, withdrawal
- ☐ Change in eating habits
- ☐ Increased smoking/ alcohol consumption

Emotional Symptoms

- ☐ Cynical
- ☐ Frustration & Irritation
- ☐ Worry, guilt, anxiety
- ☐ Feeling lonely
- ☐ Depressed, sad
- ☐ Feeling indifferent
- ☐ Getting upset or sad without knowing why

Physical Effects

- ☐ Feeling exhausted
- ☐ Headaches, tiredness
- ☐ Sore muscles
- ☐ Neck and shoulder pain
- ☐ Indigestion, nausea
- ☐ Palpitations, chest pain
- ☐ Sleep loss
- ☐ Increased minor ailments

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