

Practice Record 1.1: Mapping Stress

Mapping Your Unique Stress Response

Stress in the Body

- Headache
- Jaw clenching
- Grinding teeth
- Trembling of lips, hands
- Neck ache, back pain
- Tension
- Dizziness
- Faintness
- Ringing, or buzzing
- Blushing, sweating
- Cold/sweaty hands, feet
- Clenched fists
- Dry mouth
- Goose bumps
- Heartburn
- Stomach pain, nausea
- Difficulty breathing
- Frequent sighing
- Chest pain
- Palpitations, rapid pulse
- Other: unique to you:

Physical Stress: Let's do an exercise to help identify how you experience stress in your body. In the box next to this text is a list of areas in the body commonly affected by stress. Think about a recent stressful experience. Really think about it – put yourself in that place again. Freeze that moment. Scan your body – where are you experiencing that stress? Is your jaw clenched? Can you feel tension in your shoulders and neck? Check the box wherever you are feeling stress in your body in response to this experience.

Mental Stress: Review the list in the box and note your reactions. Over the next week, pay attention when you are feeling stressed. See if you can find the pattern and map the stress. If you know the first place you experience stress is tension in your shoulders followed by irritability and a headache then you will have a map that will help you, unlike the example of our poor frog, know when to get out of the water.

Stress in the Mind

- Sadness
- Apathy
- Anxiety, worry
- Irritable
- Anger
- Trouble concentrating
- Drinking too much
- Smoking
- Other: unique to you
