

Mapping Your Unique Stress Response

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.

Stress in the Body

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

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
- _____



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