

Stress Awareness Worksheet: Signs of Acute Stress

This worksheet is designed to build greater self-awareness, in particular, to help you better identify signs of acute stress. This exercise can be repeated at any point along the continuum of care, as you may find that circumstances change.

Instructions: Check which physical reactions you experience in acutely stressful situations (e.g., giving a presentation, getting in an accident, fighting with a loved one, etc.):

- _____ Pounding heart
- _____ Palpitations
- _____ Crying
- _____ Increased perspiration
- _____ Nausea
- _____ Tensed muscles
- _____ Rapid pulse
- _____ Shortness of breath
- _____ Gritting of teeth, clenching of jaw
- _____ Inability to concentrate or sit still
- _____ Heightened emotions (e.g., anger, fear, embarrassment)
- _____ Chills
- _____ Flushed face; blushing
- _____ Lightheadedness or fainting
- _____ Trembling hands or fingers
- _____ Dry mouth
- _____ Cold hands or feet
- _____ Feel like having to go to the bathroom

List any other physical reactions that you experience in acutely stressful situations:

In the future when you experience any of these physical reactions in acutely stressful situation you should be more aware of your need to employ stress management techniques. For additional information, visit <http://triacancer.org/stressmanagement>.

Additional Resources on Stress Management

Additional Stress Awareness Worksheets: <http://triacancer.org/stressmanagement>

Don't Stress the Stress Webinar: <http://triacancer.org/stressmanagementwebinar>

Triage Cancer Quick Guide to Stress Management: <http://triacancer.org/QuickGuide-StressManagement>

Progressive Muscle Relaxation (PMR) and Guided Imagery Exercise: <http://triacancer.org/relaxationexercise>