

# HOW STRESS AFFECTS YOU



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## HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

- |                            |                                   |                           |
|----------------------------|-----------------------------------|---------------------------|
| <b>Heart races</b>         | <b>Shortness of breath</b>        | <b>Increased appetite</b> |
| <b>High blood pressure</b> | <b>Dizziness</b>                  | <b>Tapping fingers</b>    |
| <b>Sweaty palms</b>        | <b>Neck feels sore</b>            | <b>Muscle cramps</b>      |
| <b>Face feels hot</b>      | <b>Legs feel shaky</b>            | <b>Backache</b>           |
| <b>Tightness of chest</b>  | <b>Upset stomach</b>              | <b>Grind teeth</b>        |
| <b>Fatigue</b>             | <b>No appetite</b>                | <b>Headache</b>           |
| <b>Nausea</b>              | <b>Feel like you are in a fog</b> |                           |

## HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS

From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

- |                          |                                 |                           |
|--------------------------|---------------------------------|---------------------------|
| <b>Easily angered</b>    | <b>Nervous</b>                  | <b>Crying</b>             |
| <b>Feeling depressed</b> | <b>Trouble making decisions</b> | <b>Restlessness</b>       |
| <b>Lower sex drive</b>   | <b>Irritable</b>                | <b>Feeling bored</b>      |
| <b>Exhausted</b>         | <b>Cynical</b>                  | <b>Inability to sleep</b> |
| <b>Can't concentrate</b> | <b>Aggressive</b>               |                           |

## HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

- |                                       |                         |                             |
|---------------------------------------|-------------------------|-----------------------------|
| <b>Undereating</b>                    | <b>Increase smoking</b> | <b>Sleeping to escape</b>   |
| <b>Overeating</b>                     | <b>Taking drugs</b>     | <b>Withdraw from people</b> |
| <b>Arguing</b>                        | <b>Drinking</b>         | <b>Breaking things</b>      |
| <b>Stop doing things I like to do</b> |                         |                             |

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To learn more, visit [msue.msu.edu/managingfarmstress](https://msue.msu.edu/managingfarmstress).

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