

Stress & Overload

Stress can show up in the body and behaviour before we recognise it emotionally.

My early signs of stress are...

My physical signs of stress are...

Headaches, tension, stomach changes, tiredness, poor sleep, restlessness, etc.

When overloaded I tend to...

Things that increase my stress

Things that genuinely reduce my stress

What can I postpone, reduce or ask for help with?

What boundary would protect my energy?

My plan for a high-stress day is...
