

## Exercise: Stress Detection

What are the things telling you that you might be feeling stressed?

These could be feelings in your body, emotions or thoughts, or things you notice yourself doing. Some people notice they are stressed because they're waking up early in the morning, for example, or thinking about school work every minute of the day.

You could try completing the table below if you wanted to. You don't have to fill in all the boxes. They are there because everybody notices their stress differently. Some people find it hard to identify their feelings, but do notice their thoughts, while for others, it's all about their bodies. They get headaches, stomach aches or even start vomiting.

	<b>Body</b>	<b>Feelings</b>	<b>Thoughts</b>	<b>Behaviour</b>
When I start to feel stressed, I notice . . .				
When I'm getting more stressed, I notice . . .				
When my stress is really bad, I notice . . .				