

Activity 2: Monitoring Signs of Stress

In the space below....

Describe the stressors that you are experiencing	List the symptoms that you have experienced in response to stress
1. Getting to work on time while managing my mom's needs in the morning.	<ul style="list-style-type: none"> <input type="radio"/> Difficulty falling and staying asleep <input type="radio"/> Worrying about the next day <input type="radio"/> Feeling tired and low energy
2.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/>
3.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
4.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
5.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
6.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
7.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
8.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
9.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/> <input type="radio"/>
10.	<ul style="list-style-type: none"> <input type="radio"/> <input type="radio"/>