



Mapping stress

When you are under stress, how does that feel?
Let's think about your most common stress symptoms.

Discuss these questions with a partner:

- **Have you ever noticed where you feel stress in your body?** If so, where do you feel it? Describe the feeling.
- **Have you ever noticed that your thoughts change when you're under stress?** If so, can you think of some of the thoughts you've had? What kinds of things do you say to yourself?
- **What about your emotions?** Have you noticed what kind of emotions you feel when you are stressed?
- **How does stress affect your behaviour?** Have you noticed any ways that your behaviour might change when you are stressed?



The biology of stress

Stress begins in the body. When we sense a threat, our bodies release hormones that get us ready for action. This stress response puts our bodies on "high alert" and can save our lives in an emergency.

But when severe stress continues for a long time without a break, high levels of stress hormones can be harmful. They can cause problems like stomach upset, high blood pressure, headaches, anxiety, chest pains, and memory problems.

On the figure below, write in the symptoms you have noticed in your body, in your thoughts, in your feelings, and in your behaviour.

When I'm stressed ...

I start thinking:

I have emotions like:

My body feels:

I behave this way:
