

6.4 Module 2: Exploring stress

Exploring stress

The stress response is a survival instinct that kicks in a flight or fight response, this helps you rise to meet the challenges of everyday life.

Where does the stress response come from?

Years ago, our ancestors (as cave men) would use the fight or flight response on a daily basis when fighting off predators and hunting for their meals.

Today we still carry the same stress response as our ancestors, however we don't always have to engage with the stress response as we once did due to lifestyle changes of today.

Stress can start causing major damage to your health, your mood, your motivation and your relationships with others.

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What makes me stressed?

- Too much to do
- Nothing to do
- Feeling alone
- When I lose something
- When I don't feel in control
- When I'm hurried, rushed
- Finances
- _____

How does stress make me act

- Putting things off
- Avoiding people
- Confronting people
- Rushing around
- Becoming inactive - lying around not doing much
- _____

How does stress make me think

- Doubting myself
- Compare and criticise myself
- Lose hope
- Muddled thinking
- Chaotic thoughts
- Tunnel vision
- Negative thinking
- _____

How does stress make me feel

- Exhausted
- Overwhelmed
- Irritable
- Tense
- Sinking feeling in stomach
- Increased breathing / heartrate
- Becoming hot / flushed
- _____