



# WORKSHEET 8

When we are stressed, we feel fear, nervousness, sometimes anger, our body physically reacts in different ways.

These are natural reactions to something that threatens us or to something we might lose.

There are people who can read many or few signals from their body. Everyone reacts differently to things or people.

**Tick the symptoms that apply to you in situations when you are stressed and feel these emotions.**

Tense muscles

Clenched hands

Heavy breathing

Headache

Stomach-ache

Hot flushes

Sweaty palms

Dry mouth

Numbness





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What other symptoms do you experience?

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Listen to your body for warning signals. Over time, you will feel the benefits of acquiring such a skill.



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