



My Stress Signals

Recognise the early signs and respond with care

Stress often speaks through the body, emotions, thoughts and behaviour before we name it. Knowing your early signs can help you respond sooner.

BODY SIGNALS

FEELINGS AND THOUGHTS

THINGS I START OR STOP DOING

The signs that tell me I need support soon

Three things that help my system settle

A person or service I can contact when coping alone is not enough
