

Body	Emotions	Behaviour	Thoughts
<p>Muscle tension and aches and pains You may be more prone to colds and flu You may feel drained of energy You may lose or gain weight Frequent headaches You may feel your breathing changes when tense You may feel you have to push yourself through the day Your body may feel uptight much of the day You may find that your body reacts very easily to stress You may find it hard to get over to sleep or to stay asleep</p>	<p>You may feel uptight You may feel flat You may feel easily upset You may feel a strong guilt You may feel easily embarrassed You may feel low a lot of the time You may feel full of anger You may get jealous easily You may feel discomfort easily You may feel insecure You may have lost your sense of humour You may feel without hope You may feel tearful You may feel that stress brings out the worst in you. You become more small-minded, petty and resentful</p>	<p>You may avoid doing things or going places as you fear you will not be able to cope with them You may be more quick tempered or angry You may be withdrawing from social life You may be unable to sit at peace You may be making more mistakes You may try to 'play safe' more than usual You may try to avoid responsibility You may be drinking more than you should You may be smoking more You may be eating a lot more or a lot less You may be more tearful</p>	<p>You may worry or brood about things you know you should not worry or brood about You may lose self-confidence You may feel your memory is poor You may feel very self-conscious You may feel cut-off from others You may feel you are at the end of your tether You may find it hard to concentrate You may find it hard to relax your mind You may feel that you can't control your world You may have lost interest in a lot of things You may not like yourself You may be waiting for the worst to happen You may feel easily confused You may feel you have no get up and go</p>