

SIGNS OF STRESS

Stress is a normal part of life, but managing your stress is a skill you can learn to get better at with practice. The first step to coping with stress is to get a better understanding of your own stress when it appears. How do you know when you are stressed? What do you notice about yourself?

Everyone experiences stress, and sometimes that stress can feel overwhelming. But how do you know if that stress is severe enough to get professional help?

- If it interferes with your ability to get through the day, such as not going to class or work, not eating, not sleeping, or impacting relationships
- If it causes you to avoid doing things you would normally do
- If it seems to be always present and won't go away

To make an appointment with CAPS, call **317-274-2548** or email **capsindy@iupui.edu**.

BEHAVIORS

Things that can be observed

- Sleeping too much or too little
- Isolating yourself from others
- Skipping class
- Regularly missing assignments
- Significant drop in grades
- Procrastination
- Poor self-care and neglected personal hygiene
- Increasing use of alcohol, caffeine, nicotine, and other drugs
- Acting out, bullying, or violence

EMOTIONS

Stress messing with your feelings

- Irritability or short temper
- Sense of dread or panic
- Feeling restless or agitated
- Feeling down or depressed
- Feeling worthless
- Loss of hope or purpose
- Feeling a sense of emptiness or loss of direction
- Grumpy, crabby, overall bad mood

BODY

How your stress manifests physically

- Feeling tired all the time
- Headache or stomachache
- Getting sick more often
- Loss or increase in appetite
- Sweating
- Shortness of breath
- Cold, clammy, or shaking hands
- Racing heart

COGNITION

Stress changing how you think

- Difficulty concentrating
- Jumping between tasks / can't focus
- Writer's block or loss of creativity
- Decreased interest in hobbies
- Negative self-talk
- Difficulty making decisions
- Lack of motivation
- Questioning your life choices