

Get to know your own stress signals

NEVER

SOMETIMES

OFTEN

Headaches

Having difficulties falling asleep or waking up a lot

Muscle aches

Palpitations

Pressure on the chest

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Shallow breathing

Feeling tired all the time

Crying easily

Being quickly irritated

Rarely smile or laugh

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Eating more or less

Feeling tense and restless

Having gloomy and pessimistic thoughts

Having difficulties to concentrate

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Using more alcohol

Taking more medication

Smoking more

Running out of energy
