Stress and Anxiety Management Workshop

### Symptoms of Stress checklist

**Body**
- [ ] Headaches
- [ ] Fatigue
- [ ] Easily get sick
- [ ] Muscle tension
- [ ] Rapid heart beating
- [ ] Other: ____________________________

**Mind**
- [ ] Worrying
- [ ] Impaired judgment
- [ ] Indecisions
- [ ] Negativity
- [ ] Hasty decisions
- [ ] Other: ____________________________

**Emotions**
- [ ] Irritability
- [ ] Depression
- [ ] Apprehension
- [ ] Loss of confidence
- [ ] Apathy
- [ ] Other: ____________________________

**Behavior**
- [ ] Withdrawal
- [ ] Drinking/smoking more
- [ ] Restlessness
- [ ] Loss of appetite
- [ ] Difficulty sleeping
- [ ] Other: ____________________________

### Internal Stressors

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

### External Stressors

- ____________________________
- ____________________________
- ____________________________
- ____________________________
- ____________________________

### STOP Technique

S = Stop (or pause)
T = Take a breath and relax
O = Observe in the present moment
  - What sounds do I notice?
  - What is my breath like right now?
  - How does my body feel right now?
P = Proceed
  - Where was my attention before STOP, and did it match my intention?
  - Do I continue what I’m doing, or do something else?

### Additional Resources

Student Counseling Services  
(213) 740-7711  
http://engemannshc.usc.edu/counseling/