Stress and Anxiety Management

Recognizing Stress and Anxiety

Some signs of stress and anxiety you should be aware of

Physical

1. Rapid heartbeat
2. Upset stomach
3. sweating, shaking, or dizziness

Emotional

1. irritable or frustrated
2. worry or fear
3. restless “feeling on edge”
4. mood swings or emotional outbursts

Behavioural

1. Procrastinating
2. loss of appetite or overeating
3. nervous habits (biting nails)
4. social withdrawal

Cognitive

1. forgetfulness or mental fog
2. overthinking/overanalysing
3. difficulty concentrating
4. negative thinking

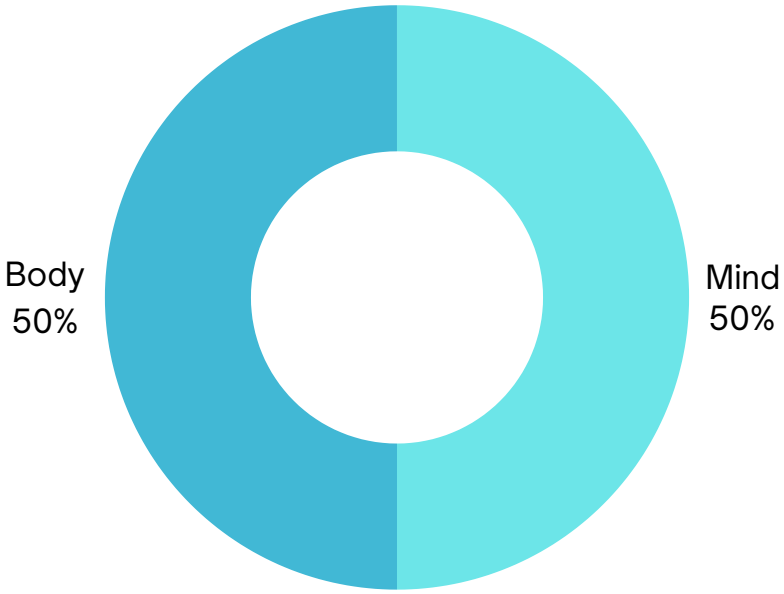
Why is recognizing these signs important?

Noticing when stress or anxiety shows up in your life gives you the power to step in early—before things spiral into bigger mental or physical health issues.

When you understand *why* you’re feeling off or struggling to focus, it becomes much easier to take control, break the cycle, and manage your day with more clarity and ease. It’s all about catching those signals early and giving yourself the care you need to stay balanced and productive.

Mind - Body Connection

Your thoughts and feelings affect your body—and your body affects your mind. Stress or anxiety can cause tension, fast breathing, and a racing heart. But calming your body (deep breaths, stretching, or a walk) can help calm your mind too.



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Simple everyday techniques

Technique	Description
Deep Breathing	**Practice slow, deep breaths to calm the nervous system and reduce tension.**
Physical Activity	**Go for a walk, stretch, or exercise to release endorphins and improve mood.**
Mindfulness/Meditation	**Take a few minutes to focus on the present moment and quiet your thoughts.**
Journaling	**Write down your thoughts and feelings to gain clarity and release emotions.**
Limit Stimulants	**Reduce caffeine and sugar intake to prevent spikes in anxiety levels.**
Engage in a hobby	**Do something you enjoy to relax and shift your focus away from stress.**

Take a moment: Which of these techniques could you try **today**? How might your mood and focus improve by making them part of your daily life?"

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