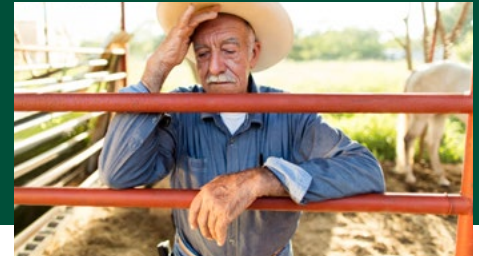


HOW STRESS AFFECTS YOU



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HOW STRESS AFFECTS YOUR BODY

From the list below, circle any of the physical symptoms that you frequently have when you are stressed.

Heart races	Shortness of breath	Increased appetite
High blood pressure	Dizziness	Tapping fingers
Sweaty palms	Neck feels sore	Muscle cramps
Face feels hot	Legs feel shaky	Backache
Tightness of chest	Upset stomach	Grind teeth
Fatigue	No appetite	Headache
Nausea	Feel like you are in a fog	Nervous

HOW STRESS AFFECTS YOUR THOUGHTS OR FEELINGS

From the list below, circle any of the thoughts or feelings you frequently have when you are stressed.

Easily angered	Arguing	Feeling bored
Crying	Feeling depressed	Feeling violent
Restlessness	Lower sex drive	Irritable
Feeling bored	Exhausted	Cynical
Inability to sleep	Can't concentrate	Aggressive

HOW STRESS AFFECTS WHAT YOU DO

From the list below, circle any of the things you may do when you are stressed.

Undereating	Increase smoking	Sleeping to escape
Overeating	Taking drugs	Withdraw from people
Getting hurt	Drinking	Breaking things

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To learn more, visit msue.msu.edu/managingfarmstress.

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