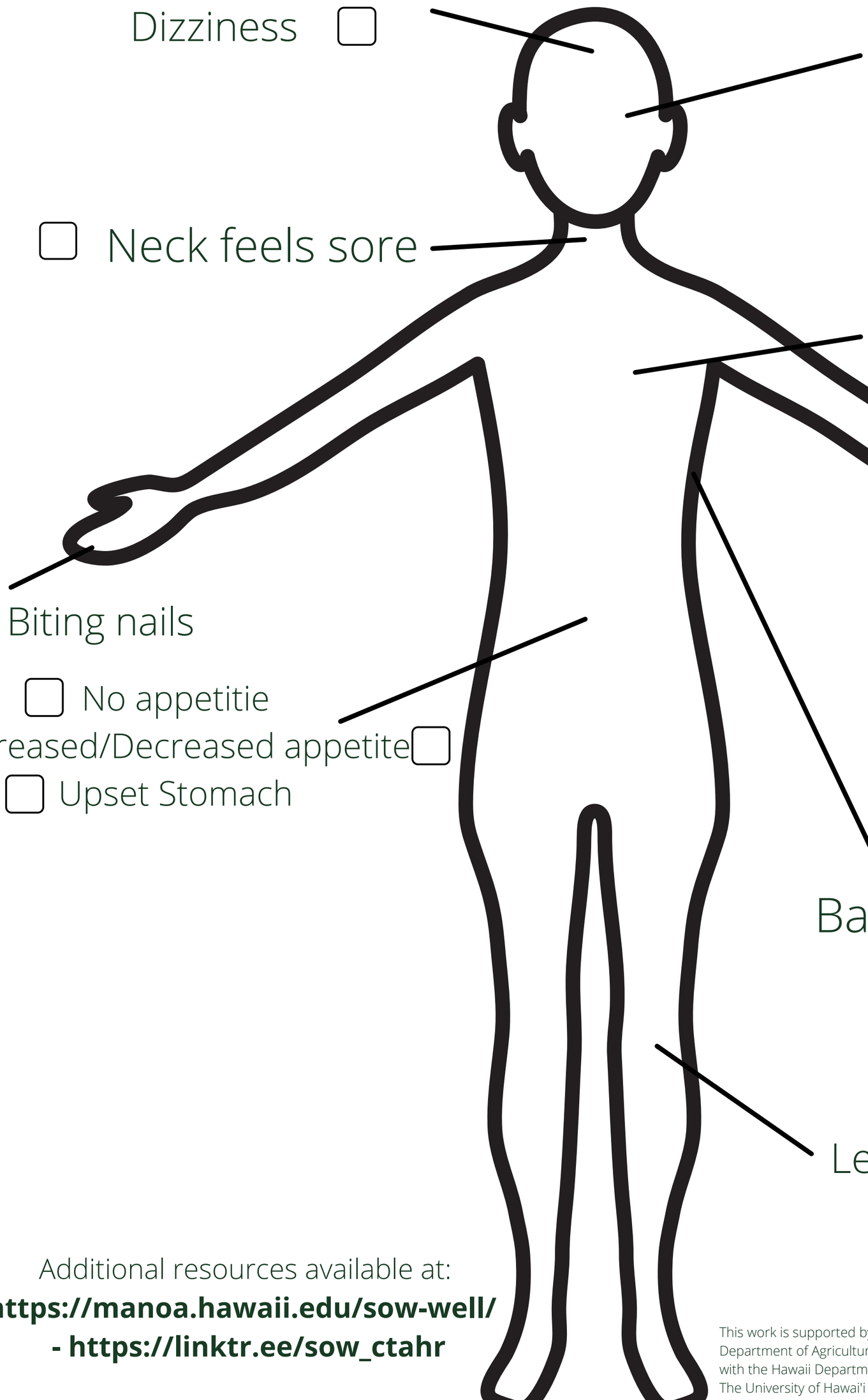
What is your BODY telling you?

Stress on the Human Body

From the image below, check any of the physical symptoms you have experienced in the last several weeks.



Feel like you're in a fog ☐
Headache ☐
Dizziness ☐

☐ Face feels hot
☐ Shortness of Breath
☐ Fatigue
Nausea ☐
☐ Grinding teeth

☐ Neck feels sore

☐ Heart Races
Tightness of Chest ☐
High Blood Pressure ☐

Biting nails

☐ No appetitie
Increased/Decreased appetite ☐
☐ Upset Stomach

☐ Sweaty Palms
☐ Tapping Fingers

Backache ☐

Legs feel shaky/weak ☐
Muscle Cramps ☐

Additional resources available at:
https://manoa.hawaii.edu/sow-well/
- https://linktr.ee/sow_ctahr

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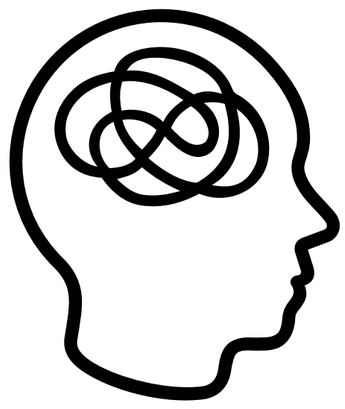
What are your THOUGHTS and FEELINGS?

Stress on the Human Brain

From the list below, circle any of the thoughts or feelings you have experienced in the last several weeks.

Can't concentrate
Trouble making decisions

Sadness & frequent crying



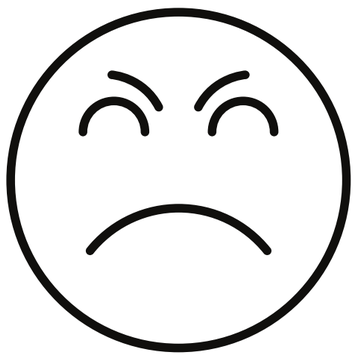
Restless / Racing thoughts

Exhausted/Burn-Out

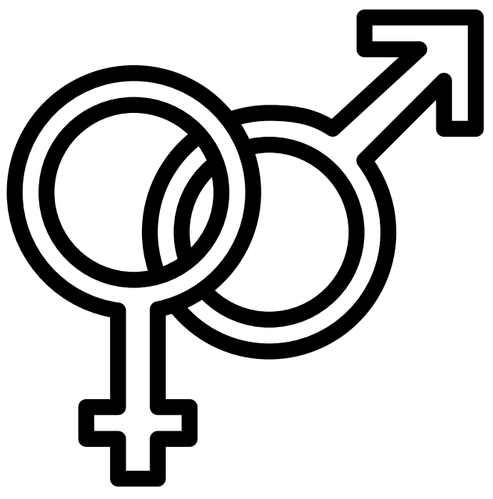
Feeling hopeless overwhelmed

Agitated/Nervous

Feeling bored or unmotivated



Angry
Irritable
Cynical
Aggressive



Lower sex drive

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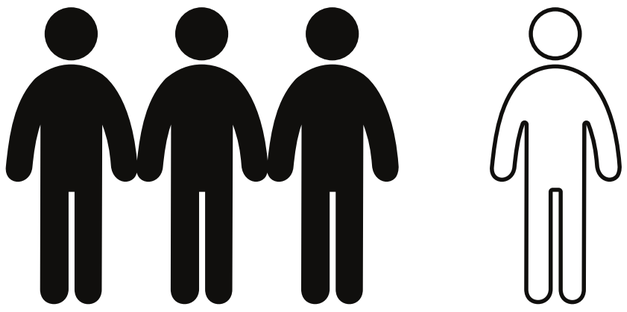
Stress Behavioral Cues

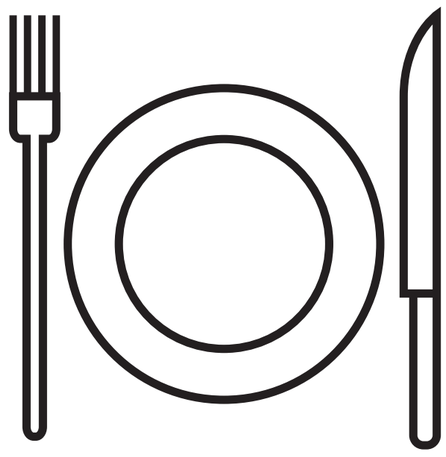
Stress and Ways to cope

From the list below, circle any of the behaviors you do , or notice someone else is doing. These are potential responses/reactions to challenges, problems, or demanding situations.

Aggressive acts

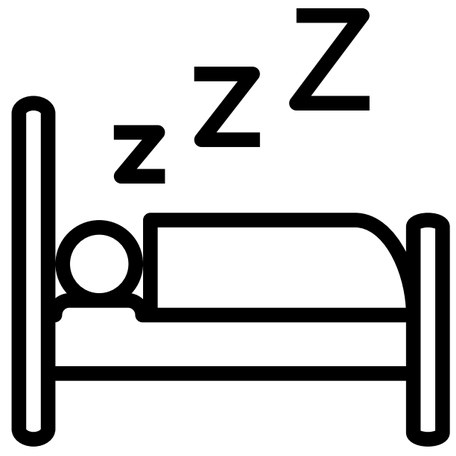


Isolation
Stop doing things that was once enjoyable



Overeating
Undereating

Drinking
Taking drugs
Smoking



Sleeping to escape
or can‘t sleep

Blaming yourself

Arguing
Blaming others

Giving up

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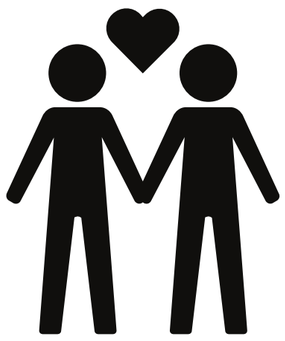
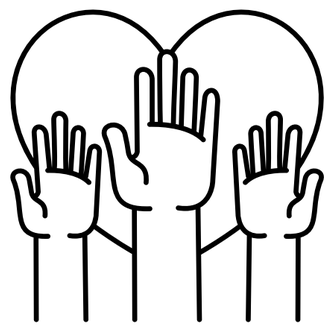
Stress Behavioral Cues

Stress and Ways to Support

From the list below, circle any of the behaviors you do , or notice someone else is doing. These are potential responses/reactions to challenges, problems, or demanding situations.



Building relationships
Strengthening existing relationships
Talking with friends/family



Volunteering
Helping Others

Engaging in religion
Engaging in spirituality

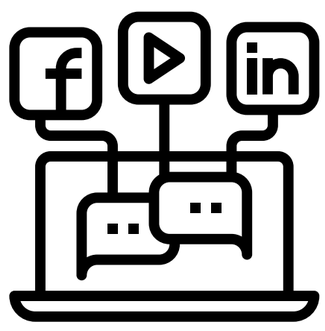
Seeking professional help

Exercising
Improving health

Cooking
Nutrition

Taking time to
Relax Self-care

Listening to music



Social Media
(scroll, vent, post)

Using humor

Problem Solving

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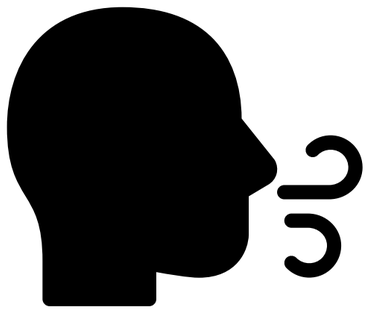
Responding & Action Steps

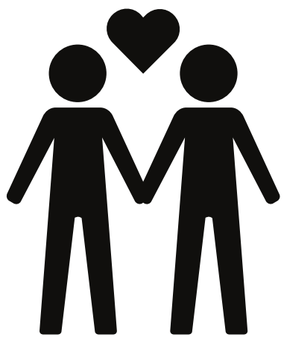
Once you recognize signs of stress in yourself or others, here are some things you can do!

For yourself:

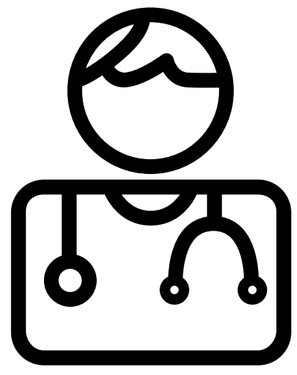


Pause. Breathe.
A slow in-breath & a longer out-breath for several minutes.

Recognize you are not alone



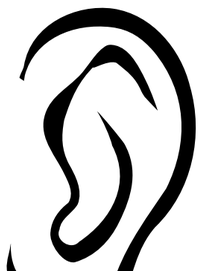
Connect with a loved one (friends, family, kupuna)
Share how you are feeling



Reach out to a mental/behavioral health professional

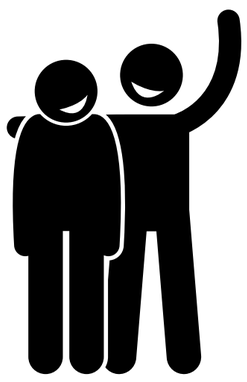
Someone you know:

Ask questions gently about any changes you noticed
Share your concerns



Listen attentively
Listen without judgement

Provide Re-assurance
Express empathy & compassion



Encourage them to reach out for assistance

For 24/7 Hawai'i CARES crisis hotline – dial (808) 832-8255
or text ALOHA to 741741
For 23/7 Suicide Prevention Life Line –
dial (800) 273-8255
For weekday Farm Aid hotline – dial (800) 327-6243

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