



## Handout Stress Clues

### Where Do Stress Clues Show Up?

Your body and mind send signals all the time about your current stress state. These clues can show up in many places:

- **Body sensations** – tension, tight chest, racing heart, headaches, or fatigue.
- **Thoughts** – racing ideas, self-criticism, difficulty concentrating, or worry loops.
- **Feelings** – anxiety, frustration, sadness, irritability, or numbness.
- **Urges** – to withdraw, to lash out, to eat, scroll, or push through.
- **Activities** – changes in sleep, appetite, or productivity.
- **Mental images** – flashbacks, worst-case scenarios, or repeating scenes.
- **Environmental cues (triggers)** – certain people, places, sounds, or situations.
- **Sensory responses** – feeling overwhelmed by light, sound, touch, or smells.