

Stress - The Signs.

What are the signs of stress?

How do we feel? What do we think? How do we behave?

On a scale of 0-10 (with 0 being very stressed and 10 being not stressed at all).

How stressed do you feel going into an exam situation?

0 1 2 3 4 5 6 7 8 9 10

Very stressed

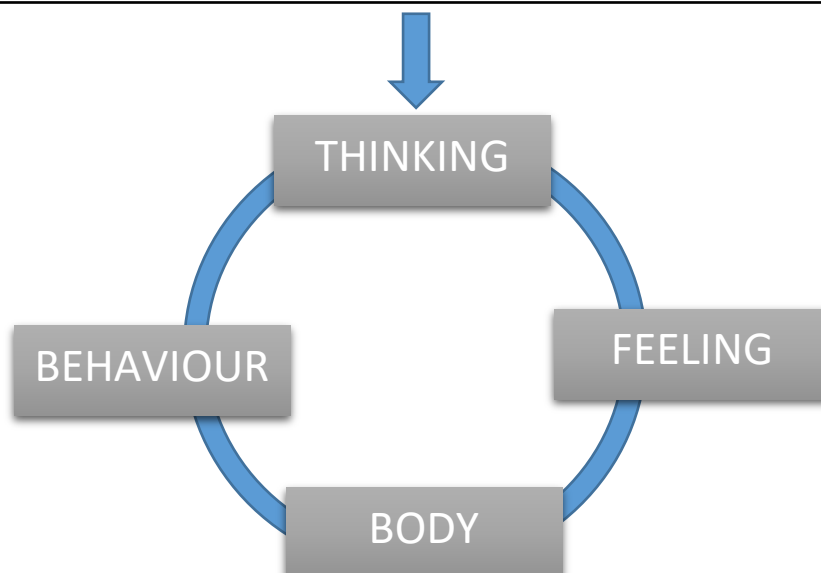
Not stressed at all

What are you doing that lets you know you are at this point on the scale?

What would need to happen for you to move up one point on the scale?

At what point on the scale would be 'good enough' for you to be going into an exam situation.

Exams.



Below are some of the main effects that happen when people become stressed.

What happens in your body?

Heart rate increases	<input type="checkbox"/>	Breathing gets faster	<input type="checkbox"/>	We start to sweat more	<input type="checkbox"/>
Muscles tense up	<input type="checkbox"/>	Mind becomes alert	<input type="checkbox"/>		
Other	<input type="checkbox"/>				

What happens in your mind?

Chaos	<input type="checkbox"/>	Can't think & concentrate	<input type="checkbox"/>	Negative thoughts & predictions	<input type="checkbox"/>
Racing thoughts	<input type="checkbox"/>				
Other	<input type="checkbox"/>				

What does it make you do?

Avoid	<input type="checkbox"/>	Procrastinate?	<input type="checkbox"/>	Cram	<input type="checkbox"/>
Over eat	<input type="checkbox"/>	Over sleep	<input type="checkbox"/>		
Other	<input type="checkbox"/>				

Unhelpful Thinking Styles.

Over Generalizing.

Seeing a pattern based upon a single event, or being overly broad in the conclusions we draw.

All or nothing thinking (If X < Y then X = Z. X = Situation, Y = Perfection, Z = Total failure).

Sometimes called black & white thinking. *If I'm not perfect I have failed, either I do it right or not at all.*

Jumping to conclusions.

There are two key types: Mind Reading – Imagining we know what others are thinking.

Fortune Telling – Predicting the future.

Labelling.

Assigning labels to ourselves and other people. *I'm a loser. I'm completely useless. They're such an idiot.*

Magnification (Catastrophising & minimization).

Blowing things out of proportion (Catastrophising), or inappropriately shrinking something to make it seem less important.

Critical Words.

Using critical words like 'should', 'must', or 'ought' can make us feel guilty, or like we have already failed. If we apply 'shoulds' to other people the result is often frustration.