

UNDERSTANDING STRESS & ANXIETY

Here's a check-list for you! ✓

Stress and anxiety are two of the most common things that you may have experienced at one point or another. Sometimes, they may come in the form of physical and mental fatigue that makes you feel all the blues. And sometimes, they may come in the form of a whirlwind of overwhelming emotions. However, both of them are responses to situations that make you feel threatened or overwhelmed in some way or the other.

Stress can be short-lived, for example, the stress you may feel while working on a deadline. It may also be experienced for longer periods, such as when you are facing an aggressive environment at home.

Anxiety is all about the constant feeling of worry that may exist even when you don't think something is bothering you. For example, having a palpitating heart without a known reason, and even being unable to calm down after a high-stress event such as an exam or interview, has passed. Here, **it's important to note that anxiety can be triggered by something deep-rooted in you.** It could be a feeling that you may have silenced or a situation that made you feel 'weird'. However, you pushed it under the carpet so that you don't think about it. But, it is now resurfacing in the form of anxiety. It's important to know that your trigger may not be 'visible', making it tough for you to understand why you're feeling anxious. However, it's still there in your subconscious.

It's almost as if your conscious mind is the driver of your brain while your subconscious sits in the back of your mind and inclines you to go in a certain direction. You, as a driver might think that it's you who is controlling the direction of your car. However, it's your subconscious making you go in a certain direction, even if you don't realize it. So, even if you don't know the reason for your anxiety, there is a cause hidden at the back of your mind that may be bothering you.



THE STRESS & ANXIETY CHECKLIST:

Here's a check-list of questions that will help you understand if you're feeling stressed and/or anxious on a day-to-day basis.

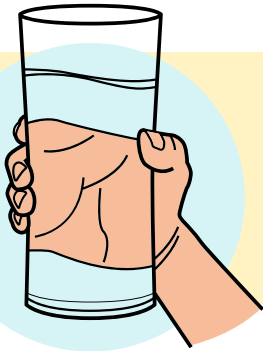
Let's get started:

- Do you often feel anxious or worried throughout the day?
- Do you have trouble relaxing or calming your mind before bedtime?
- Do you frequently experience racing thoughts or a sense of restlessness at night?
- Do you struggle to fall asleep or stay asleep due to worry or stress?
- Do you frequently wake up feeling fatigued or tired?
- Do you experience physical symptoms such as tension headaches or muscle aches due to stress or anxiety?
- Do you have difficulty concentrating or focusing on tasks due to anxiety or stress?
- Do you feel overwhelmed or unable to cope with everyday responsibilities or challenges?
- Do you avoid certain situations or activities due to fear or anxiety?
- Do you experience panic attacks or sudden feelings of intense fear or anxiety?

If you answered 'Yes' to most of these questions, there's a chance you're facing stress and/or anxiety almost like most of us. But that's not a reason to worry because we are here for you.

Reach out to us at <https://www.themoodspace.com/getstarted> and our Care Team will get back to you within 24 hours.

As difficult as it may be to deal with stress and anxiety, it's essential to remember that it could be your body's way of asking you to slow down, take a break and protect yourself from challenging situations.



Imagine that you're holding an empty glass, and every time you experience stress, some more water gets added to the glass. Over time, as you keep experiencing stress, the glass starts to get fuller and fuller.

Just like holding onto a heavy glass for too long, if you keep holding onto stress and anxiety for too long without taking a break or finding ways to manage it, it can become overwhelming, and eventually, the glass will overflow. That's why it's important to let go of some of that stress every once in a while. Take a moment to stop and think about what's causing your stress, and find healthy coping mechanisms that work for you.

Remember, it's okay to feel stressed or anxious sometimes. It's a natural response to challenging situations.

If you liked this worksheet and found it valuable, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.

