

Check yourself for symptoms of stress:

Unit 9 – REFLEXION AND COPING

	I often think, "how am I supposed to manage all this".
	I often can't fall asleep well or sleep through the night.
	I often have headaches.
	I work until exhaustion.
	I neglect my hobbies.
	I am often irritable.
	I suffer from forgetfulness.
	I feel tired and have little energy.
	I feel tense.
	I laugh less often.
	I'm listless.
	Mishaps happen to me often.
	I feel queasy in my stomach.
	I sweat easily or shiver.
	I often have strong heart palpitations.
	I hardly do anything with other people anymore.

www.kaleido-ostbelgien.be (Stand 2024)

Funded by the European Union. Views and opinions expressed are however those of the author(s) only and do not necessarily reflect those of the European Union or the European Education and Culture Executive Agency (EACEA). Neither the European Union nor EACEA can be held responsible for them.

Project ID: Project ID: 2022-1-DE02-KA220-VET-000088595

This work is licensed under a [Creative Commons Attribution-Non-Commercial-Share-Alike 4.0 International \(CC BY-NC-SA 4.0\)](https://creativecommons.org/licenses/by-nc-sa/4.0/)

