# Stress Response Self-Assessment

1. What does my body feel like when I’m stressed?
   - Sweaty, shaky, butterflies, upset stomach, headache, heart pounding, chest tight, tingles, etc.

2. In what situations does my stress response kick in?
   - Tests, public speaking, important games, talking to profs/TAs, asking for help, etc.

3. On behalf of what hope or value am I taking on this challenge?
   - I’m presenting this workshop because I want people to feel more able to trust their bodies in demanding situations so they can share their ideas. I want people to feel like they are enough.

4. In what situation have you experienced a challenge response?
   - Dance, playing an instrument, sports, acting, singing, gaming

5. What does your body feel like when you experience a challenge response?
   - Sweaty, shaky, butterflies, upset stomach, headache, heart pounding, chest tight, tingles, etc.

6. How could I re-story my experience of my bodily stress response (refer to question 1)
   - When my body does ______________, it could also mean_________________.

7. What is a realistic positive self-talk statement I can reflect on when I’m in a situation where I need my stress response?
   - I know this material inside out. My research could make a difference. If I get sweaty and shaky, it’s my body is vibrating with excitement over sharing my knowledge!

8. Start your checklist: What can I plan ahead to minimize needless worry?
   - Clothing, transportation, childcare, audiovisual, documents, nourishment, phone on silent, etc.
Harnessing Stress to Enhance Performance
Grad Success Week 2023