

Stress Response Self-Assessment

1	What does my body feel like when I'm stressed? <i>Sweaty, shaky, butterflies, upset stomach, headache, heart pounding, chest tight, tingles, etc.</i>
2	In what situations does my stress response kick in? <i>Tests, public speaking, important games, talking to profs/TAs, asking for help, etc.</i>
3	On behalf of what hope or value am I taking on this challenge? <i>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.</i>
4	In what situation have you experienced a challenge response? <i>Dance, playing an instrument, sports, acting, singing, gaming</i>
5	What does your body feel like when you experience a challenge response? <i>Sweaty, shaky, butterflies, upset stomach, headache, heart pounding, chest tight, tingles, etc.</i>
6	How could I re-story my experience of my bodily stress response (refer to question 1) <i>When my body does _____, it could also mean _____.</i>
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>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!</i>
8	Start your checklist: What can I plan ahead to minimize needless worry? <i>Clothing, transportation, childcare, audiovisual, documents, nourishment, phone on silent, etc.</i>

