

FREE WORKSHEET · STRESS & BURNOUT

My Early Warning Signs

Know your own signs of strain, and what to do when you spot them

Everyone has a stress signature: a particular set of changes that show up when pressure starts to build. Some people sleep badly, others snap at people, others go quiet. The signs are usually there well before things become difficult, but they are easy to miss in the moment.

Mapping yours while you are feeling well makes them much easier to recognise, and act on, when you are not.

IF YOU NEED HELP NOW

If there is an immediate risk to life, call **999**. The Samaritans are available free, 24 hours a day, on **116 123**. In England, NHS 111 (option 2) connects to an urgent mental health service.

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What changes when pressure builds?

	EARLY SIGNS	LATER SIGNS
Thoughts		
Feelings		
Body: sleep, appetite, tension, energy		
Behaviour: what do I do more, or less, of?		

Prompts if you are stuck: racing or looping thoughts, self-criticism, irritability, tearfulness, numbness, poor sleep, headaches, tight shoulders, skipping meals, working later, cancelling plans, more caffeine or alcohol, avoiding messages.

What helps, and who you will tell

WHEN I NOTICE...	WHAT HELPS ME
Early signs	
Later signs	

EXERCISE

Support

1. The person I will tell when I notice my early signs:

2. Support I can use, such as my GP or a friend: