EXERCISE 18: My stress signals

List below your stress signals and the situations in which you experience them. Let the examples on the preceding page inspire you, or ask the people who know you well to tell you which signals they notice.

My stress signals	Situations they occur in

Choose the signals you experience most often, and learn to pay attention to them.
Only by being aware of your stress signals, can you do something about them. First of all, you can find out what caused the signal, and secondly, you can act upon that cause.
Remember it is important to cure the cause of the stress signal, not the symptom itself.
An ulcer should be treated before it arises, i.e. at the first sign of acid regurgitation.
Discuss your stress signals with the people you live and work with; and learn to identify the stress signals of others.