

# Freedom From Lockdown Stress

C H A L L E N G E

## IDENTIFYING YOUR BRAIN'S SIGNALS

### STEP 1

Write down all the ones you can think of on your own that happen for you in each of the three categories:

(Body)

PHYSICAL

(Feel)

EMOTIONAL

(Do)

BEHAVIORAL

### STEP 2

Use the inventory on the other side to see if you forgot any. If so, add them to this side!



(Body)

**PHYSICAL**

Headaches  
Racing Thoughts  
Pain  
Tired  
Blood pressure ↑  
Insomnia  
Hot Flashes  
Mind Goes Blank  
Negative Thinking  
Crying  
Heart Rate ↑  
Tremble/shake  
Tense muscles  
Confused  
Upset Stomach  
Cravings  
Sweaty Palms  
Clenched Jaw  
Can't Concentrate  
Forgetful  
Physically Anxiety  
Blood Sugar ↑↓

Feel

**EMOTIONAL**

Irritability  
Negative  
Frustration  
Sad  
Anxious  
Worthless  
Anger  
Overwhelmed  
Defensive  
Upset  
Like Running Away  
Depressed  
Indifferent  
F-It's  
Loneliness  
Hopeless  
Helpless  
Disappointed  
Betrayed  
Other:\_\_\_\_\_

(Do)

**BEHAVIORAL**

Bite Nails  
Eat ↑↓  
Argue  
Withdraw  
Break Things  
Drive Reckless  
Spend Money  
Make Poor Choices  
Become Quiet  
Lash out  
Curse  
Drink  
Yell / Scream  
Sleep  
Smoke (More)  
Hold Things In  
Give Silent Treatment  
Get Disrespectful  
Shut Down  
Isolate  
Use Drugs  
Other:\_\_\_\_\_