Title: Take A Look At This

Exercise Code: SLINTEGRA042

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| Modules: | Group size: | Duration: |
| 5. Conflict Solving Strategies  6. Problem Solving Strategies  8. Situational Awareness | Individual  Small group | 30 min |

**Purpose:**

* To know the symptoms and warning signs of stress
* To improve the ability to separate between the minor and more serious signs of stress
* To support others to express their feelings about the topic of stress
* To learn how stress affects a person

**Description:**

Take a look at the warning signs of stress listed in the handout. Check each of the warning signs that apply to you. When you are finished checking your warning signs, discuss your list with group members. Are there any similarities? How much stress do you think you are currently under? Discuss ways that you can eliminate some of the stress that could start to cause you physical or emotional or behavioral difficulties.

**Material:**

Paper, pencil

**Methods:**

Internalization, self evaluation

The exercise can be used as a self-check of one’s own stress level, or it can be used inside the group dynamic. In the case of the latter it is desired that the participants share their results and talk about the topic of stress.

**Source/Literature:**

Modified and adapted from Teaching Center, Washington University, St. Louis

**Handout:**

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