Positive effects of stress

Physical Symptoms							
Happy	☐	Relaxed	☐	Excited	☐	Energised	☐
Talkative	☐	Feeling well	☐	Sleeping well	☐	Healthy	☐
Thinking-based symptoms							
Focused	☐	Challenged	☐	Creative	☐	Motivated	☐
Open to learning	☐	Decisive	☐	Thoughtful	☐	Effective	☐
Emotional symptoms							
Calm	☐	Happy	☐	Stimulated	☐	Relaxed	☐
Feeling in control	☐	Positive mindset	☐	Motivated	☐	Optimistic	☐
Behavioural changes							
Helpful	☐	Content	☐	Alert	☐	Non-critical	☐
Positive actions	☐	Supportive	☐	Socially involved	☐	In control	☐