**What Are My Stressors?**

**A stressor (also known as a trigger) can be anything that impacts your mood. It can be something like not getting enough sleep or seeing something that reminds you of the past. Everyone has different stressors and it is okay to feel the way you are feeling. It is important to know what your stressors are and how you can work to manage them.**

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| **Stressor** | **Unhelpful behaviours** | **What can I do instead?** |
| e.g. Taking on too much, not getting enough sleep, having no routine, not doing enough in the day, not taking my medication, isolating myself etc. | e.g. staying up late and getting up late, staying in my room all day, not speaking to someone when I have a problem. | e.g. set alarms on my phone to remind me to do things, try to do a hobby once a day, go for a walk etc |
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**Common Red Flags**

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| Lowered mood |  |
| Sleep Problems |  |
| Feeling tired / lacking energy |  |
| Difficulty concentrating |  |
| Memory problems |  |
| Increased irritability |  |
| Withdrawing from your usual social activities |  |
| Losing interest in activities that you usually enjoy |  |
| Feeling useless or helpless |  |
| Feeling tense or nervous for no obvious reason |  |
| Worrying more than usual |  |
| Feeling more restless than usual |  |
| Difficulty relaxing |  |
| Headaches |  |
| Feelings of dizziness |  |
| Feeling like your heart is pounding |  |
| Difficulty making decisions |  |

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| Feeling full of energy |  |
| Easily getting into arguments |  |
| Speaking quickly |  |
| Being over-talkative |  |
| Making impulsive / quick decisions |  |
| Jumping from one idea to the next |  |
| Feeling like I don’t need any sleep |  |
| Telephoning friends at all hours |  |
| Spending too much money |  |
| Taking on more and more jobs |  |

**What Are My Red Flags?**

**“Red Flags” are warning signs that you are becoming unwell. An example could be that normally you are sociable and enjoy being around people but a red flag is that you start to avoid people and isolate yourself. Understanding your red flags and how to spot them can help you prevent becoming unwell.**

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| **Red Flag** | **What do I usually do?** | **What else could I do?** |
| I start taking things personally. | I keep how I feel to myself.  I only tell someone when it gets too much and I feel I cannot cope | Tell someone I trust that I have noticed a change in my behaviour and my feelings towards people.  Share this sheet with someone I trust so they understand what red flags to look out for. |
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