The Cognitve Model for Stress



Thoughts

- high demands and few resources
- unfair, unattainable expectations
- "Shoulds..."



Physical Sensation

- headaches
- muscle tension
- stomach issues

Feelings

- Stressed
- Irritable
- Overwhelmed



Behaviours

- overly productive
- procrastination





Your Symptom Fingerprint

Use this blank copy of the cognitive model to reflect on how your stress "looks." Fill in the different boxes to understand yourself.

