Stress Bar

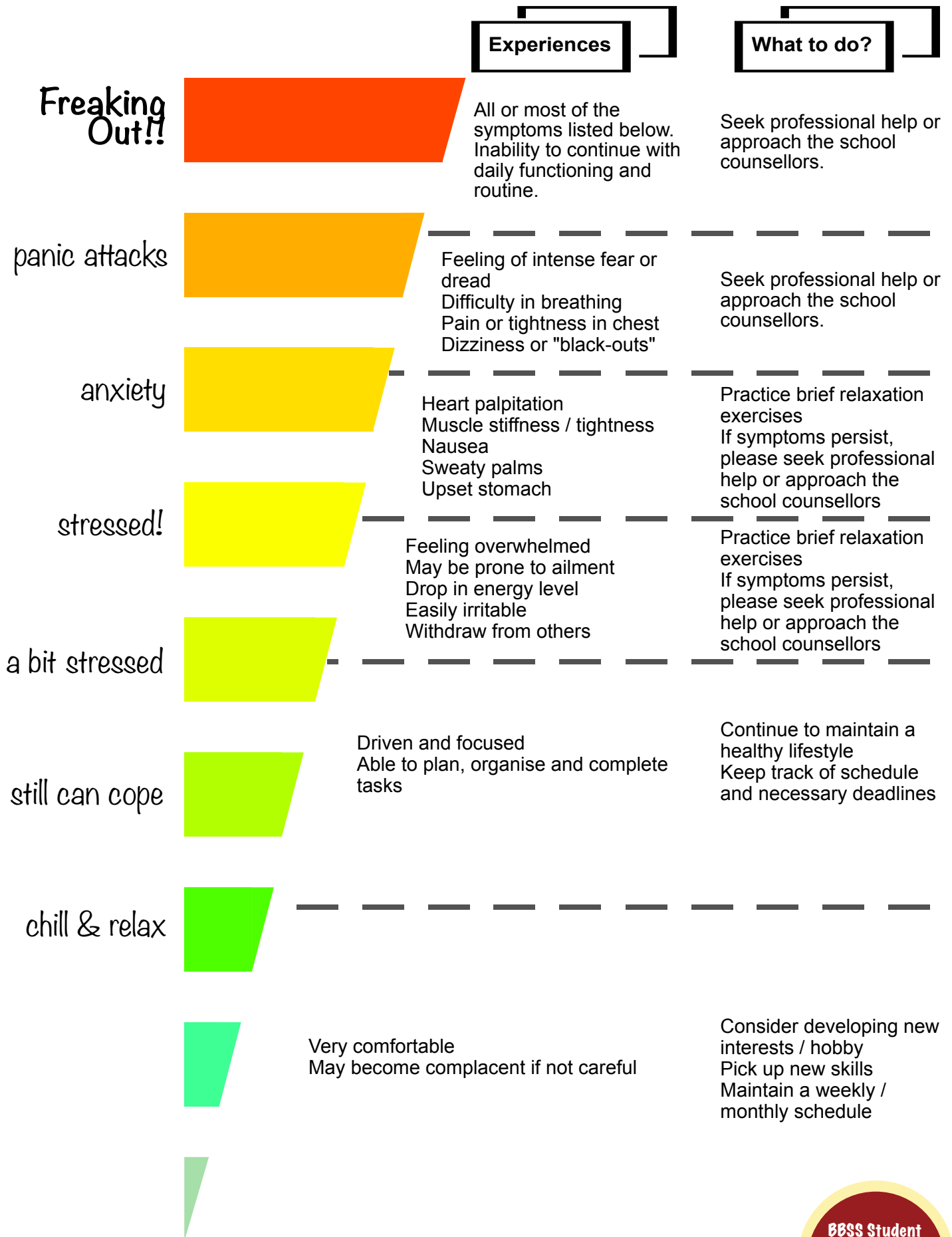|	Experiences	What to do?
Freaking Out!!	All or most of the symptoms listed below. Inability to continue with daily functioning and routine.	Seek professional help or approach the school counsellors.
panic attacks	Feeling of intense fear or dread Difficulty in breathing Pain or tightness in chest Dizziness or "black-outs"	Seek professional help or approach the school counsellors.
anxiety	Heart palpitation Muscle stiffness / tightness Nausea Sweaty palms Upset stomach	Practice brief relaxation exercises If symptoms persist, please seek professional help or approach the school counsellors
stressed!	Feeling overwhelmed May be prone to ailment Drop in energy level Easily irritable Withdraw from others	Practice brief relaxation exercises If symptoms persist, please seek professional help or approach the school counsellors
a bit stressed		
still can cope	Driven and focused Able to plan, organise and complete tasks	Continue to maintain a healthy lifestyle Keep track of schedule and necessary deadlines
chill & relax		
	Very comfortable May become complacent if not careful	Consider developing new interests / hobby Pick up new skills Maintain a weekly / monthly schedule

The experiences you feel may not be in sequence or order like the stress bar. If any of the symptoms persist or becomes unmanageable, please seek professional help or your school counsellors

BBSS Student Wellbeing
BBSS_Counselling @moe.edu.sg