

Student Counselling Office (Zentrale Studienberatung)

Tension, worries and fears – Understanding ourselves

'How do I recognise my tension, worries and fears? Which signals tell me that I'm not feeling well? What signs indicate my lack of well-being?' – The better you know your internal life and your way of dealing with things, the easier it is to learn new and more effective behaviours. Observe yourself over the next while and write down everything that you notice.

<p>Emotional state</p> <p><i>E.g. anxiety, uncertainty, irritability, mood swings, listlessness...</i></p>	<p>Physical state</p> <p><i>E.g. inner disquiet, sleep disorders, headaches, digestive problems, tiredness, heart palpitations, changes in appetite...</i></p>
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<p>Mental performance</p> <p><i>E.g. mental blocks, difficulty concentrating or remembering, self-doubt, brooding...</i></p>	<p>Behaviour</p> <p><i>E.g. tranquillisers; alcohol and drugs; eating more or less; escaping through unimportant routine tasks, watching TV or gaming...</i></p>
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