

## Stress Symptoms Checklist

Check any symptoms you have noticed in yourself on the “Stress Symptoms” checklist.

The presence of any symptom indicates that you are dealing with some stress. If half or more of the symptoms are checked in any categories, your stress level is high.

Different people experience stress in different ways. Some people experience stress physically (muscle tension, headache, backache), while others react to stress mentally or emotionally (insomnia, worry, irritability, difficulty relating to friends and family).

### Checklist

#### Emotional

- anxiety
- frustration
- the “blues”
- mood swings
- bad temper
- nightmares
- crying spells
- irritability
- “no one cares”
- depression
- nervous laugh
- worrying easily
- discourage

#### Mental

- forgetfulness
- dull senses
- poor concentration
- low productivity
- negative attitude
- confusion
- lethargy
- whirling mind
- no new ideas
- boredom
- spacing out
- negative self-talk

#### Relational

- isolation
- intolerance
- resentment
- loneliness
- lashing out
- hiding
- clamming up
- lower sex drive
- distrust
- fewer contacts
- with friends
- lack of intimacy
- using people

#### Spiritual

- emptiness
- loss of meaning
- unforgiving
- martyrdom
- looking for magic
- loss of direction
- needing to “self prove”
- cynicism

#### Physical

- appetite change
- headaches
- fatigue
- insomnia
- weight change
- colds
- digestive upsets
- pounding heart

#### Physical (cont.)

- accident prone
- teeth grinding
- rash
- restlessness
- foot-tapping
- finger-drumming
- increase alcohol, drug
- or tobacco use