



STRESS SYMPTOMS CHECKLIST

WHEN YOU KNOW YOUR BODY RESPONDS TO STRESSORS, YOU CAN FOCUS YOUR ATTENTION ON FINDING THE BEST STRESS MANAGEMENT TECHNIQUE FOR EACH ONE. CHECK OFF THE SYMPTOMS YOU EXPERIENCE WHEN YOU'RE FEELING A LOT OF STRESS.

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| <input type="checkbox"/> Backache | <input type="checkbox"/> Muscle Cramps/Spasms | <input type="checkbox"/> Lack of Motivation |
| <input type="checkbox"/> Change in Sex Drive | <input type="checkbox"/> Neck & Shoulder Pain | <input type="checkbox"/> Loneliness |
| <input type="checkbox"/> Chest Pain | <input type="checkbox"/> Pain | <input type="checkbox"/> Sadness/Depression |
| <input type="checkbox"/> Chest Tightness | <input type="checkbox"/> Sleep Problems | <input type="checkbox"/> Crying |
| <input type="checkbox"/> Digestive Issue | <input type="checkbox"/> Smoking | <input type="checkbox"/> Eating When Not Hungry |
| <input type="checkbox"/> General Muscle Tension | <input type="checkbox"/> Teeth Grinding | <input type="checkbox"/> Frustration |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Upset Stomach/Nausea | <input type="checkbox"/> Irritability/Anger |
| <input type="checkbox"/> Heart Palpitation | <input type="checkbox"/> Blaming | <input type="checkbox"/> Restlessness |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Depression/Anxiety | <input type="checkbox"/> Worrying |
| <input type="checkbox"/> Lack of Energy | <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Alcohol Use |

Other: _____

NOTE: Some of these symptoms can indicate a medical problem rather than stress. If you are experiencing any unusual symptoms that are severe enough to prevent you from engaging in your daily activities, contact your healthcare provider **right away**.