

Stress Symptom Checklist

Check each item that describes a symptom you have experienced to any significant degree during the last month; then total the number of items checked.

Physical Symptoms

- Headaches (migraine or tension)
- Backaches
- Tight muscles
- Neck and shoulder pain
- Jaw tension
- Muscle cramps, spasms
- Nervous stomach overwhelmed
- Nausea
- Insomnia (sleeping poorly)
- Fatigue, lack of energy
- Cold hands/feet
- Tightness or pressure in head
- High blood pressure
- Diarrhea
- Skin condition
- Allergies
- Teeth grinding
- Digestive upsets (cramping, bloating)
- Stomach pain, ulcer
- Constipation
- Hypoglycemia
- Appetite change
- Colds
- Profuse perspiration
- Heart beats rapidly or pounds, even at rest
- Use of alcohol, cigarettes, or
- Other pain

Psychological Symptoms

- Anxiety
- Depression
- Confusion or spaciness
- Irrational fears
- Compulsive behaviors
- Forgetfulness
- Feeling overwhelmed
- Mood Swing
- Loneliness
- Problems with relationships
- Dissatisfied/unhappy at work
- Difficulty Concentrating
- Frequent Irritability
- Restlessness
- Frequent Boredom
- Frequent worrying or obsessing
- Frequent Guilt
- Temper flare-ups
- Crying spells
- Nightmares
- Apathy
- Sexual Problems
- Weight Change
- Overeating
- Stress Level
- Recreational drugs
- Hyperactivity or like you can't
slow down