

## Stress Symptom Checklist

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

### Physical Symptoms

- Headaches (migraine or tension)
- Backaches
- Tight Muscles
- Neck and shoulder pain
- Jaw tension
- Muscle cramps, spasms
- Nervous stomach
  
- Other pain
  
- Nausea
- Insomnia (sleeping poorly)
- Fatigue, lack of energy
- Cold hands and/or feet
- Tightness or pressure in the head
- High blood pressure
- Diarrhea
- Skin condition (e.g. rash)
- Allergies
- Teeth grinding
- Digestive upsets (cramps, bloating)
- Heart beats rapidly or pounds even at rest
- Stomach pain or ulcer
- Constipation
- Hypoglycemia
- Appetite change
- Colds
- Profuse perspiration
- Overeating
- Weight change
- When nervous, use of alcohol, cigarettes, or recreational drugs

### Psychological Symptoms

- Anxiety
- Depression
- Confusion or “spaciness”
- Irrational fears
- Compulsive behaviors
- Forgetfulness
- Feeling “overloaded” or “overwhelmed”
- Hyperactivity – feeling you can’t slow down
- Mood swings
- Loneliness
- Problems with relationships
- Dissatisfied/unhappy at work
- Difficulty concentrating
- Frequent irritability
- Restlessness
- Frequent boredom
- Frequent worrying or obsessing
- Frequent guilt
- Temper flare-up
- Crying spells
- Nightmares
- Apathy
- Sexual problems

*Evaluate your stress level as follows:*

Number of items checked

Stress level

0 – 7

Low

8 – 14

Moderate

15 – 21

High

22+

Very high