

### *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 of 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)
- Stomach pain or ulcer
- Constipation
- Hypoglycemia
- Appetite change
- Colds
- Profuse perspiration
- Heart beats rapidly or pounds, even at rest
- When nervous, use of alcohol, cigarettes, or so-called recreational drugs

#### Psychological Symptoms

- Anxiety
- Depression
- Confusion or "spaciness"
- Irrational fears
- Compulsive behavior
- Forgetfulness
- Feeling "overloaded" or "overwhelmed"
- Hyperactivity—feeling you can't slow down
- Mood swings
- Loneliness
- Problems with relationships
- Dissatisfied/unhappy with 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

*Evaluate your stress level as follows:*

Number of Items Checked	Stress Level
0-7	<i>Low</i>
8-14	<i>Moderate</i>
15-21	<i>High</i>
22+	<i>Very High</i>