

Stress Symptom Checklist

Adapted from "The Anxiety & Phobia Workbook"

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 n
- 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

Psychological Symptoms

- Anxiety
- Depression
- Confusion or "spacyness"
- 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

Score:

Number Checked	Stress Level
0-7	low
8-14	moderate
15-21	high
22+	extremely high



