

Physical Symptoms of Stress Checklist

Adapted from "The Relaxation & Stress Reduction Workbook"

<p>Symptoms</p> <p>If no known medical cause for these symptoms, give each symptom a score of discomfort and frequency.</p>	<p>Discomfort Scale 1= unaware 2= slightly bothered 3= uncomfortable 4= miserable 5= not functioning</p>	<p>Frequency Scale 1= Never 2= Monthly 3= Weekly 4= Daily 5= Constant</p>
High blood pressure		
Headaches		
Neckaches		
Backaches		
Bloating/Gas		
Irritable bowel		
Ulcers		
Chronic constipation		
Chronic diarrhea		
Muscle spasms		
Tics		
Tremors		



Fatigue		
Insomnia		
Sleeping difficulties		
Obesity		
Physical weakness		
Jaw tension		
Nausea		
Skin Conditions		
Frequent Colds/Flu		
Rapid heartrate		
Allergies		
Profuse sweating		

Important: Physical symptoms may have purely physiological causes. You should have a medical doctor eliminate the possibility of such physical problems before you proceed on the assumption that your symptoms are completely stress-related

Score (if symptoms are due to stress):

1-30 is a low score indicating either you do not have enough good stress in your life or you manage your stress well.

31-60 is a good score. This indicates some stress and that you are attending to it quickly before symptoms become unmanageable.

61-90 indicates your stress is beginning to dominate your physical health. It's time to pay attention to how well you manage your stress.

91 and above indicates urgent need to reconfigure how you manage your psychological health.