

Stress can show itself through many symptoms. Put a checkmark in the box for symptoms you notice in yourself.

Physical

- ☐ Dry mouth
- ☐ Lower back pain
- ☐ Muscle spasms/tightness
- ☐ Tension headaches
- ☐ Heart palpitations
- ☐ Frequent indigestion/stomach cramps
- ☐ Diarrhea/constipation
- ☐ Nausea/vomiting
- ☐ Menstrual irregularities
- ☐ Fatigue/weariness
- ☐ Skin problems (rashes)
- ☐ Cold/clammy hands and feet
- ☐ Frequent colds and flu
- ☐ Frequent allergy or asthma attacks
- ☐ Feeling "faint"
- ☐ Sweating/blushing

Behavioral

- ☐ Overeating/undereating/food cravings
- ☐ Smoking
- ☐ Excessive alcohol/drug use
- ☐ Excessive shopping/gambling
- ☐ Excessive TV/computer use
- ☐ Sleeping too much/not enough
- ☐ Excessive crying
- ☐ Change in work/exercise patterns
- ☐ Hair twirling, pulling, tossing
- ☐ Clenched jaw, lip/cheek biting
- ☐ Change in sexual interest
- ☐ Hyperactivity or listlessness
- ☐ Nervous cough/tongue clicking
- ☐ Leg-bouncing/rocking
- ☐ Talking too much/too fast/not talking

Emotional/Cognitive

- ☐ Depression
- ☐ Panic/anxiety attacks
- ☐ Anger/irritability/resentment
- ☐ Desire to run away
- ☐ Inability to be alone
- ☐ Difficulty concentrating/distractibility
- ☐ Prone to errors
- ☐ Decreased productivity
- ☐ Difficulty making decisions
- ☐ Confusion/forgetfulness
- ☐ Nightmares
- ☐ Giggling (uncontrollably)
- ☐ Continual boredom
- ☐ Hypochondria