

Stress

Assessment

Check any that apply:

- Difficulty sleeping
- Irritability/easily angered
- Relationship problems
- Impatience
- Increase in alcohol/drug use
- Changes in eating patterns – loss of appetite or overeating
- Racing thoughts
- Distracted/poor concentration
- Misplacing/losing things
- Cursing more than usual
- Slamming doors/drawers
- Forgetting things more than usual
- Tearful/crying more than usual
- Inability to relax
- Grinding teeth (day or night)
- Muscle tension, soreness, tightness
- Nail biting, lip biting, etc.
- Hair twirling/pulling
- Daydreaming
- Making careless mistakes
- Headaches and other pains
- Upset stomach, ulcers, IBS
- Excessive worrying, ruminating
- Fidgeting – bouncing your feet, tapping your fingers

Scoring:

Count the number of check marks to determine your stress level.

5 or less Mild stress – try to take it easy.

6 – 10 Moderate stress – you need to make some changes and learn stress management.

10 and above You may be in the danger zone – talk to a medical provider ASAP.

NOTE: These signs and symptoms can be related to serious health or mental health problems. If they are persistent, let's talk about it soon.