

Signs of Stress

Circle or mark any symptoms you have experienced in the *past week*. At bottom of page add up total symptoms for each category:

PHYSICAL	EMOTIONAL	MENTAL	SPIRITUAL	BEHAVIORAL
Sleep disturbances	Mood swings	Poor concentration	Feelings of emptiness	Risk taking (such as driving recklessly)
Changes in appetite	Feeling "over-emotional"	Confusion and disorganized thoughts	Loss of meaning	Over-eating or under-eating
Stomach upsets	Irritability	Forgetfulness	Discouragement and loss of hope	Increased smoking
Rapid heart rate	Anger	Difficulty making decisions	Cynicism	Listlessness
Fatigue	Depression	Dreams or nightmares	Doubt	Hyper-alertness
Muscle tremors and tension	Anxiety	Intrusive thoughts	Anger at God	Aggression and verbal outbursts
Back and neck pain	Emotional numbness		Alienation and loss of sense of connection	Alcohol and/or drug use
Headaches	OTHER: _____		OTHER: _____	Compulsive behavior (i.e. nervous tics and pacing)
Inability to relax and rest		OTHER: _____		Withdrawal/ isolation
Being easily startled				Promiscuity
OTHER: _____				OTHER: _____
TOTAL _____	TOTAL _____	TOTAL _____	TOTAL _____	TOTAL _____