



The Stress Checklist

How does stress affect you?

The following represents ways that stress can show up. Review each symptom and use the 1-10 scale to rate the intensity of the symptom. Note whether this happens, Daily, Weekly or Monthly. Knowing what your body talk is communicating to you will help you also know what to do next.

Physical Reaction To Stress

Symptom	Frequency & Severity:			Symptom	Frequency & Severity:		
	Daily	Weekly	Monthly		Daily	Weekly	Monthly
Headaches				Sweating			
Joint Pain				Rapid Heart Rate			
Heartburn				Colds, Flu			
Indigestion				Sinus Trouble			
Fatigue				Irregular Heart Rate			
Constipation				Forgetfulness			
Neck Pain				Concentration Difficulty			

If you checked three or more boxes, there are lifestyle changes needed to avoid more serious health challenges. Chronic, unchecked stress contributes to premature aging. We want you to set up a self-care program to address these and other signs of chronic stress.

Now, let's look at the next step: Emotional and Spiritual Signs of Stress.



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Review each symptom and use the 1-10 scale to rate the intensity of the symptom. Note whether this happens, Daily, Weekly or Monthly.

Emotional/Spiritual Signs of Stress

Symptoms	Frequency & Severity:		Symptoms	Frequency & Severity:	
	Daily	Weekly Monthly		Daily	Weekly Monthly
	1-10 (10= Severe)			1-10 (10= Severe)	
Tension			Worry		
Irritability			Loss of Motivation		
Depression			Cynical/Sarcastic		
Anger			Weight Gain		
Rage			Food Cravings		
Call Out Sick			Can't Fall Asleep		
Can't Stay Asleep			Racing Thoughts		
Negative			Pessimistic		
Want to Run Away			Isolates from Friends		
Never Enough Time			Could Jump Out of My Skin		
Addicted to Facebook			Increased Alcohol Use		
Wake Up Tired Even After 8 Hours Sleep			Work Shifts and Rotates Days and Night Shift		



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What stands out to you as you look at this chart? Jot down your thoughts.

What can you begin today that will decrease your stressful feelings?
