

Identifying Stress

What does your stress look like?

Circle the symptoms that you most commonly encounter.

- Restlessness
- Fatigue
- Insomnia
- Headaches
- Stomach pain
- Muscle tension
- Night terrors
- Tingling in fingers, toes, arms, or legs
- Nausea sweating
- Insomnia
- Shaking
- Cold sweats
- Flush cheeks
- Weakened immune system
- Diarrhea
- Constipation
- Numbness
- Nightmares
- Panic attacks

Other:

What are your common triggers for stress? Circle the symptoms that apply to you.

- Work
- Illness
- Chronic pain
- Trauma
- Moving
- Quitting work
- A major life adjustment
- School
- Injury
- A new baby/sibling
- Low self-esteem
- Social gatherings
- Public speaking
- Poor life balance
- Upcoming events
- Confrontation
- Caring for another family member
- Challenging situation
- Conflict
- Relationships
- Arguments
- Kids
- Parents
- Family
- The future
- Money
- The past

Other:

What is bothering you the most today?

Why is it important for you to manage your stress?

