Your Level of Stress

Low
1  2  3  4  5  6  7  8  9  10  High

Your Symptoms of Stress

- Tension
- Feeling overwhelmed
- Headaches
- Irritability
- Restlessness
- Fatigue
- Volatile emotions
- Mental sluggishness
- Forgetfulness
- Poor concentration
- Procrastination
- Perfectionism
- Ambivalence
- Rapid heart beat
- Shallow breathing
- Perspiration
- Change in sleeping habits
- Excessive talking
- Dry mouth
- Sporadic eating
- Increased hunger
- Decreased appetite
- Queasy stomach
- Clammy skin
- Muscle pain
- Lower immunity
- Sickness/death
- PMS
- Substance abuse
- Job absenteeism
- Inconsistent in work performance
- Social conflict


SS-Handout 1