

Symptoms of Stress – Self-Assessment

Check off any of the following symptoms of stress that you have experienced in the last week.

Physical Symptoms

Headaches	Sleep difficulties	Racing heart
Indigestions	Dizziness	Restlessness
Stomach aches	Back pain	Tiredness
Sweaty palms	Tight neck, shoulders	Ringing in ears

Behavioural Symptoms

Excess smoking	Grinding teeth at night
Bossiness	Overuse of alcohol
Compulsive gum chewing	Unhealthy eating
Critical attitude	Inability to get things done

Emotional Symptoms

Crying	Overwhelming feeling of pressure
Nervousness, anxiety	Anger
Boredom, no meaning to things	Loneliness
Edginess – ready to explode	Unhappiness for no reason
Feeling powerless to change things	Easily upset

Cognitive Symptoms

Trouble thinking clearly	Indecisiveness
Forgetfulness	Thoughts of running away
Lack of creativity	Constant worry
Memory loss	Loss of sense of humour

Spiritual Symptoms

Emptiness	Martyrdom	Cynicism
Loss of meaning	Looking for magic	Apathy
Doubt	Loss of direction	Need to “prove” self
Unforgiving		

Relational Symptoms

Isolation	Hiding	Lack of intimacy
Intolerance	Clamming up	Using people
Resentment	Lowered sex drive	Fewer contacts with friends
Loneliness	Nagging	
Lashing out	Distrust	

(Based on the Antares Foundation’s stress assessment)

This checklist is intended to get a sense of your current stress levels. This can fluctuate of course. Please use to reassess pre and post wellness programs/strategies.

Mindfulness-Based Stress Reduction (MBSR) Workbook

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