

## STRESS TEST

How often do you get a headache, have trouble falling or staying asleep? Do you have aches and pains for no good reason? Is your fuse short and you get agitated or frustrated easily? Select the frequency that best describes your association to these common signs & symptoms of stress.

SIGNS & SYMPTOMS	FREQUENCY OF SIGNS & SYMPTOMS OF STRESS							
	Almost all day, every day	Every day or night	Once or twice daily	2-3 times per week	Once per week	Once per month	Only occasionally	Never
<b>Physical symptoms</b>								
Low energy								
Chronic fatigue								
Headaches								
Upset stomach, including diarrhea constipation, and nausea								
Aches, pains, and tense muscles								
Chest pain, rapid or irregular heartbeat								
Difficulty falling asleep								
Difficulty staying asleep								
Frequent colds, illness, infections								
Loss of sexual desire and/or ability								
Nervousness and shaking, ringing in the ear, cold or sweaty hands and feet								
Dry mouth and difficulty swallowing								
Clenched jaw and/or grinding teeth								
<b>Emotional symptoms</b>								
Becoming easily agitated, frustrated, moody or hostile								
Often irritable								
Easily or often bored								
Feeling overwhelmed, losing control or need to take control								
Having difficulty relaxing and quieting your mind								
<b>Anxiety, worry, phobias</b>								
Feeling bad about yourself (low self-esteem), lonely, worthless, and depressed								
Eating too much or too little								
Avoiding others								

<b>Cognitive symptoms</b>								
Constant worrying								
Racing thoughts								
Forgetfulness and disorganization								
Inability to focus								
Poor judgment								
Being pessimistic or seeing only the negative side								
<b>Behavioral symptoms</b>								
Changes in appetite -- either not eating or eating too much								
Procrastinating and avoiding responsibilities								
Increased use of alcohol, drugs, or cigarettes								
Exhibiting more nervous behaviors, such as nail biting, fidgeting, and pacing								

The more often you experience these symptoms of stress, the more likely stress is having a negative impact on your life. You may be so used to feeling a certain way that you assume this is normal. Look back over your signs and symptoms of your Stress Test to gain a deeper understanding. Are there symptoms of stress that you would like to eliminate or change?

**ACTION PLAN:**

Review the results of your “*STRESS TEST*”. Based on your results, answer the following questions.

- Where am I at? \_\_\_\_\_
- Where should I be? \_\_\_\_\_
- What am I willing to do? \_\_\_\_\_
- Consult my healthcare provider? \_\_\_\_\_