

Identifying Stress

The next time you are in a stressful situation, use this checklist to identify how you respond to stress emotionally and physically.

- Racing heartbeat
- Heart palpitations
- Sweating
- Gastrointestinal problems
- Stomachache
- Headache
- Shortness of breath
- Fatigue
- Urinating more
- Dry mouth
- Cold hands, feet, and/or skin
- Tense muscles
- Lowered or heightened sex drive
- Sleep problems
- Anger
- Use of drugs and/alcohol
- Anxiety
- Restlessness
- Irritability
- Inability to focus
- Lack of motivation
- Depression
- Chest pain
- Social withdrawal
- Beginning or increasing tobacco use
- Mind racing
- Focusing on negative thoughts
- High blood pressure
- Weight loss or gain
- Skin problems such as rashes and breakouts
- Hair loss
- Nervous behavior
- Appetite change
- Nervousness
- Forgetful
- Indecisive
- Lack of energy
- Back pain
- Neck pain
- Heartburn
- Nausea or vomiting
- Belching or flatulence
- Panic attacks
- Grinding teeth
- Light headedness
- Frequent colds
- Increase in allergy attacks
- Mood swings
- Feeling overwhelmed
- Suicidal thoughts
- Frequent crying
- Emotionally reactive
- Obsessive or compulsive behavior
- Reduced productivity
- Rapid or mumbled speech
- Fatigue
- Impulsivity