Stress Assessment

Just how stressed are you?! When you are done email the number of items you checked off to lisa@badassgirlboss.com for your results! Check all that apply:

Just How
Stressed Are
You! Take Bur
Stress Assessment
Now!



Difficulty Sleeping
Tearful/crying more than usual
Irritability/easily angered
Inability to relax
Relationship problems
Grinding teeth (day or night)
[Impatience
Muscle tension, soreness, tightness
Increase in alcohol/drug use
Nail biting, lip biting, etc
Changes in eating patterns - loss of appetite or overeating
Hair twirling/pulling
Racing thoughts
Daydreaming
Making careless mistakes
Distracted/poor concentration
Headaches and other pains

Forgetting things more than usual	Make and Share Free Checklists
	Mala and Ohan For Ohan Litate
Fidgeting - bounding your feet, tapping our fingers	
Slamming doors/drawers	
Excessive worrying, ruminating	
Cursing more than usual	
Upset stomach, ulcers, IBS	
Misplacing/losing things	