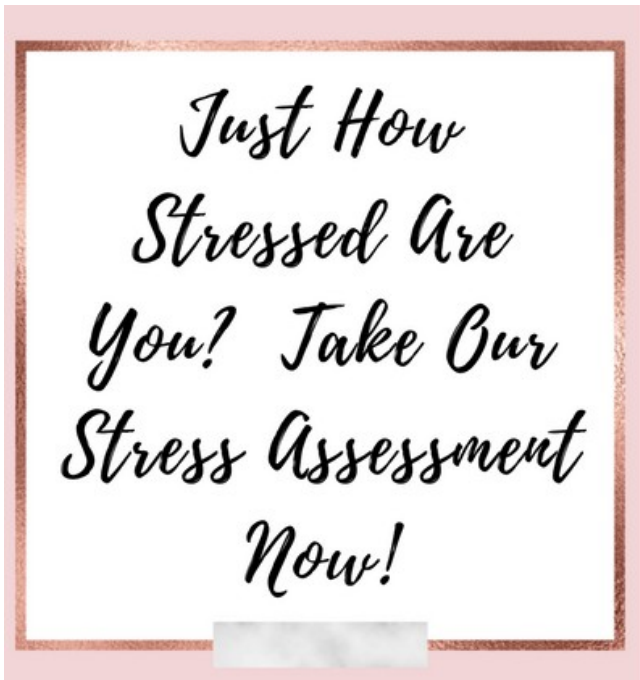


Stress Assessment

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:



- 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

Mislacing/losing things

Upset stomach, ulcers, IBS

Cursing more than usual

Excessive worrying, ruminating

Slamming doors/drawers

Fidgeting - bounding your feet, tapping our fingers

Forgetting things more than usual

Make and Share Free Checklists

checkli.com