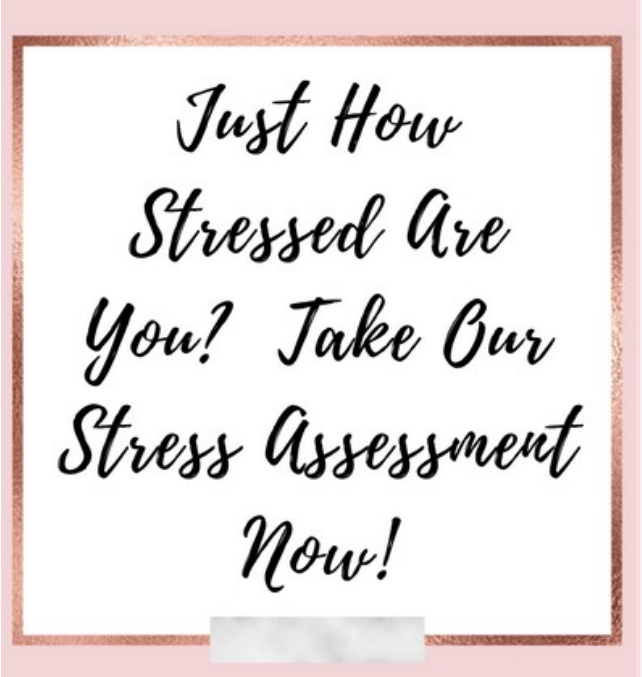
Stress Assessment

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

- [ ] Misplacing/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

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