

Recognizing Stress In Yourself



THINKING SYMPTOMS

- ☐ Constant worry
- ☐ Forgetfulness
- ☐ Difficulty making decisions
- ☐ Inability to concentrate
- ☐ Loss of sense of humour

EMOTIONAL SYMPTOMS

- ☐ Anxiety
- ☐ Anger
- ☐ Feeling powerless
- ☐ Frequent mood swings
- ☐ Irritability
- ☐ Frustration
- ☐ Nervousness
- ☐ Sadness

PHYSICAL SYMPTOMS

- ☐ Racing heart
- ☐ Headaches
- ☐ Exhaustion
- ☐ Upset stomach
- ☐ Muscle tension
- ☐ Just not feeling like 'you'

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