

How Stress Manifests for You

How many of the following do you experience when you are stressed?

	Never	Sometimes	Often
Do you notice an increase in your gambling?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you notice an increase in drinking / smoking?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you eat more or less than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel hyper / elated / restless?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have difficulty concentrating or finishing tasks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to make decisions?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to sleep?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you start to avoid people / activities / work?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel grumpy / irritated / angry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you speak more loudly or quicker than usual?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you overreact more easily?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience back pain / stiff or tense muscles?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience indigestion / stomach aches / nausea?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience skin rashes?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you experience chest pain?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry without reason / get panic attacks?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you judge yourself or others more harshly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>