

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?			
Do you notice an increase in drinking / smoking?			
Do you eat more or less than usual?			
Do you feel hyper / elated / restless?			
Do you have difficulty concentrating or finishing tasks?			
Do you find it difficult to make decisions?			
Do you find it hard to sleep?			
Do you start to avoid people / activities / work?			
Do you feel grumpy / irritated / angry?			
Do you speak more loudly or quicker than usual?			
Do you overreact more easily?			
Do you experience back pain / stiff or tense muscles?			
Do you experience indigestion / stomach aches / nausea?			
Do you experience headaches?			
Do you experience skin rashes?			
Do you experience chest pain?			
Do you worry without reason / get panic attacks?			
Do you judge yourself or others more harshly?			