

## **STRESS SYMPTOMS - THE BIG QUIZ**

**This can give you a picture of your overall anxiety level AS YOU CONTINUE TO TAKE ACTION.**

**SCORING: Rarely = 0 Sometimes = 1 A lot = 3**

**PHYSICAL SYMPTOMS**

- Muscle tension
- Feeling restless/shaky
- Headaches
- Chest pains
- Irregular beating of your heart
- Hard to get a deep breath
- Dry mouth
- Cold sweaty hands or feet
- Skin rash/itching/crawling feeling
- Blurred vision
- Dizziness
- Belly 'knots' or upset stomach
- Nausea
- Diarrhoea/gas - or Constipation
- Frequent Urination
- Tiredness

Date

**Total**

**BEHAVIOURAL SYMPTOMS**

- Loss of appetite - or no time to eat
- Overeating
- Smoking ( to relieve tension)
- Alcohol (more than four drinks per day)
- Taking tranquillizers to relax
- Withdrawing from close relationships
- Criticising, blaming others
- Feeling victimized or taken advantage of
- Watching TV more than two hours/day
- Difficulty meeting commitments
- Hard to pay attention at work.

**Total**

**EMOTIONAL SYMPTOMS**

- Nervous, uptight, wound up
- Cannot turn off certain thoughts
- Worrying at night
- Unable to keep still/fidgeting
- Irritable/angry/emotional outbursts
- Apathetic - nothing seems important
- Emotionally drained
- Crying easily
- Insomnia
- Difficulty concentrating
- Mind going blank - Forgetting things

**Total**

**GRAND TOTAL**
