

## What are my stress symptoms?

| Physical stress symptoms   | Cognitive stress symptoms   | Emotional stress symptoms   |
|--|---|---|
| <input type="checkbox"/> Sweaty palms<br><input type="checkbox"/> Perspiration<br><input type="checkbox"/> Dry mouth<br><input type="checkbox"/> Increased heart rate<br><input type="checkbox"/> Heart palpitations<br><input type="checkbox"/> Feeling tired<br><input type="checkbox"/> Constant fatigue<br><input type="checkbox"/> Increased blood pressure<br><input type="checkbox"/> Tension<br><input type="checkbox"/> Migraine headaches<br><input type="checkbox"/> Weight loss or gain<br><input type="checkbox"/> Excessive nervous energy<br><input type="checkbox"/> Acne<br><input type="checkbox"/> Eczema<br><input type="checkbox"/> Tendency towards fainting<br><input type="checkbox"/> Nausea<br><input type="checkbox"/> Stomach or intestinal ulcers<br><input type="checkbox"/> Butterflies in stomach<br><input type="checkbox"/> Grinding one's teeth<br><input type="checkbox"/> Frequent heartburn<br><input type="checkbox"/> Chronic diarrhea<br><input type="checkbox"/> Constipation<br><input type="checkbox"/> Susceptibility to allergies<br><input type="checkbox"/> Illness<br><input type="checkbox"/> Sexual dysfunction<br><input type="checkbox"/> Lack of sexual interest<br><input type="checkbox"/> Excess untamable energy | <input type="checkbox"/> Loss of confidence<br><input type="checkbox"/> Increase in self-criticism<br><input type="checkbox"/> "Black and white" thinking<br><input type="checkbox"/> Negative thinking<br><input type="checkbox"/> Trouble concentrating<br><input type="checkbox"/> Distracted<br><input type="checkbox"/> Forgetting things<br><input type="checkbox"/> Disorganized<br><input type="checkbox"/> Obsessive thinking<br><input type="checkbox"/> Poor judgment<br><input type="checkbox"/> Poor time management<br><input type="checkbox"/> Procrastination<br><input type="checkbox"/> Excessive worry | <input type="checkbox"/> Prolonged sadness<br><input type="checkbox"/> Too much crying<br><input type="checkbox"/> Inability to cry<br><input type="checkbox"/> Feeling overwhelmed<br><input type="checkbox"/> Feeling you cannot cope<br><input type="checkbox"/> Feelings of hopelessness<br><input type="checkbox"/> Pessimism<br><input type="checkbox"/> Anxiety<br><input type="checkbox"/> Feeling scared<br><input type="checkbox"/> Afraid to make decisions<br><input type="checkbox"/> Irritability<br><input type="checkbox"/> Hostility<br><input type="checkbox"/> Angry at minor things<br><input type="checkbox"/> Lack of humor<br><input type="checkbox"/> Inability to laugh at self<br><input type="checkbox"/> Moody<br><input type="checkbox"/> Depressed<br><input type="checkbox"/> Anger<br><input type="checkbox"/> Lack of interest in "fun"<br><input type="checkbox"/> Feeling burned out |
|  | <b>Social stress symptoms</b><br><input type="checkbox"/> Isolation<br><input type="checkbox"/> Resentment<br><input type="checkbox"/> Nagging<br><input type="checkbox"/> Distrust<br><input type="checkbox"/> Intolerance of others<br><input type="checkbox"/> Loneliness  |   |
|  |   | <b>Spiritual stress symptoms</b><br><input type="checkbox"/> Loss of faith<br><input type="checkbox"/> Doubt<br><input type="checkbox"/> Loss of meaning<br><input type="checkbox"/> Feeling of emptiness<br><input type="checkbox"/> Cynicism<br><input type="checkbox"/> Apathy<br><input type="checkbox"/> Loss of direction   |