



## What is your stress number?

Check each symptom of stress you have had in the past month.

### Physical:

- stomachaches
- headaches
- sweaty palms
- tight muscles
- heart pounding
- high blood pressure
- constipation/diarrhea
- chronic sickness
- skin condition
- sleep difficulties
- neck or back pain
- cold hands

### Spiritual:

- doubt
- disconnected
- lonely
- unfulfilled

### Cognitive:

- forgetfulness
- confusion
- lack of creativity
- inattentiveness

### Behavioral:

- teeth grinding at night
- overuse of alcohol
- overeating or compulsive eating
- restlessness
- sexual apathy/difficulties

### Emotional/Psychological:

- anxiety/panic
- depression
- feelings of being overwhelmed
- temper flare-ups
- crying spells
- mood swings
- irrational fears

### If you checked:

- |         |                  |
|---------|------------------|
| 0 – 6   | Low Stress       |
| 7 – 13  | Moderate Stress  |
| 14 – 21 | High Stress      |
| 22+     | Very High Stress |