

Signs of Stress Checklist

Signs of General Stress

- Frustrated, tense, or 'stressed out'
- Tired and/or fatigued
- Poor quality of sleep
- Poor concentration or memory
- Feeling low
- Feeling worried or anxious
- Lack of appetite or over-eating
- Thinking excessively about something
- Avoiding places or people more
- Withdrawing a bit from friends and family
- Low motivation and/or energy levels
- Negative and self-critical thinking
- Feeling nauseous
- Skin rashes or feeling over-heated
- Headaches

Signs of more Significant Stress

- Depressed mood most of the day
- Less interest or pleasure in activities
- Weight loss or gain (when not dieting)
- Slowed or agitated movements
- Feeling guilty or worthless
- Feeling hopeless about the future
- Persistent worry and anxiety
- Withdrawing from friends or family
- Increased substance use and abuse
- Feelings of emotional exhaustion
- De-motivation and loss of interest
- Low empathy OR compassion fatigue
- Boredom, cynicism OR negativity
- Feeling a lack of control over your life
- Persistent anger and frustration
- Stress leading to arguments, conflict and troubles in relationships
- Bad dreams or nightmares
- Feeling on guard or easily startled
- Flashbacks/intrusive thoughts
- Disorientation/confusion
- Over-sensitivity
- Feelings of unreality or feeling detached from yourself or others
- Repetitive thoughts or concerns

When to re-refresh or seek help: When you have 3-5 or more signs (symptoms or reactions) lasting for more than a 1-2 weeks.