



Stress Symptoms Checklist

Share your symptoms with your doctor to confirm that they are stress-related and not related to any other medical condition.

PHYSICAL

- Headaches
- Backaches
- Tight Muscles
- Neck & Shoulder Pain
- Jaw Tension
- Muscle Cramps & Spasms
- Nervous Stomach
- Nausea
- Insomnia
- Fatigue
- Cold Hands/Feet
- Pressure In Head/Forehead
- High Blood Pressure
- Diarrhea
- Skin Issues
- Allergies
- Teeth Grinding
- Digestive Issues
- Stomach Pain
- Constipation
- Appetite Changes
- Weak Immune System
- Profuse Perspiration
- Heart Beating Rapidly

PSYCHOLOGICAL

- Anxiety
- Depression
- Confusion
- Irrational Fears
- Compulsive Behaviors
- Forgetfulness
- Overwhelmed
- Hyperactive, Revved Up
- Mood Swings
- Loneliness
- Relationship Issues
- Work Pressure/Problems
- Irritable
- Difficulty Concentrating
- Restlessness
- Boredom
- Worrying, Obsessing
- Guilt
- Temper Flare-Ups
- Crying Episodes
- Nightmares
- Low Sex Drive
- Racing Thoughts
- Self-Critical

BEHAVIORAL

- Increase In Alcohol Use
- Increase In Smoking
- Increase or Decrease In Eating
- Social Isolation
- Lack of Interest In Hobbies
- Disengaged