

Do I have Symptoms of Stress?

The following inventory of stress symptoms contains the most typical reactions to stress. As such, it can help to recognize your symptoms and begin focusing on ways to manage your stress.

Stress Management for the Health of It Clemson University Extension

PHYSICAL

- | | | |
|--|---|---|
| <input type="checkbox"/> headaches | <input type="checkbox"/> fatigue | <input type="checkbox"/> accident prone |
| <input type="checkbox"/> insomnia | <input type="checkbox"/> weight change | <input type="checkbox"/> teeth grinding |
| <input type="checkbox"/> colds | <input type="checkbox"/> digestive upsets | <input type="checkbox"/> restlessness |
| <input type="checkbox"/> pounding heart | <input type="checkbox"/> increased alcohol, drug, tobacco use | |
| <input type="checkbox"/> neck and shoulders tighten up and/or ache | | |

MENTAL

- | | | |
|---|---|--|
| <input type="checkbox"/> forgetfulness | <input type="checkbox"/> confusion | <input type="checkbox"/> dull senses |
| <input type="checkbox"/> lethargy | <input type="checkbox"/> poor concentration | <input type="checkbox"/> no new ideas |
| <input type="checkbox"/> low productivity | <input type="checkbox"/> boredom | <input type="checkbox"/> negative attitude |

EMOTIONAL

- | | | |
|---|--|---------------------------------------|
| <input type="checkbox"/> anxiety | <input type="checkbox"/> the "blues" | <input type="checkbox"/> mood swings |
| <input type="checkbox"/> bad temper | <input type="checkbox"/> crying spells | <input type="checkbox"/> irritability |
| <input type="checkbox"/> depression | <input type="checkbox"/> nervous laugh | <input type="checkbox"/> worrying |
| <input type="checkbox"/> easily discouraged | | |

SOCIAL

- | | | |
|--|--|-------------------------------------|
| <input type="checkbox"/> isolation | <input type="checkbox"/> resentment | <input type="checkbox"/> loneliness |
| <input type="checkbox"/> clamming up | <input type="checkbox"/> lowered sex drive | <input type="checkbox"/> nagging |
| <input type="checkbox"/> few contacts with friends | <input type="checkbox"/> using people | |



Look over the symptoms you've checked and circle those that occur frequently or regularly.

Study your list.

- Which symptoms cause you the most concern?
- Are you always aware when they are happening to you?
- Can you stop them from happening?
- Do you see a pattern in your symptoms?
- Are they mostly physical or do they usually involve other people?
- Can you name one effective way of coping with each of your stress reactions?

After recognizing the most frequent sources of stress in your life, their patterns and the ways you might cope with them you can begin developing your own stress management plan of action. If, after completing this informal assessment, you want to know more about the origins of your stress, the College Readjustment Rating Scale provided below may give you some additional help.



Adapted from: *National Ag Safety Database - Stress Management for the Health of It*. Clemson University Extension.
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