

STRESS REPORT CARD

How many stress symptoms are you experiencing ?

Place a numerical value after each symptom according to the frequency you experience it.

Rarely (1) Sometimes (3) Often (5)

Physical Symptoms

Stomachaches _____	Muscle Tension _____	Headaches _____
Back pain _____	Teeth Grinding _____	Heartburn _____
Diarrhea _____	Neck Stiffness _____	Fatigue _____
Skin Rashes _____	Chest Pain _____	Overweight _____
Elevated blood Pressure _____		Elevated cholesterol level _____
Shortness of breath _____		

Total score for physical Symptoms = _____

Behavioral Symptoms

Compulsive eating _____	Excessive Sleeping _____	Smoking _____
Drinking alcohol _____	watching excessive TV _____	Forgetfulness _____
Accidents or injuries _____	Not being able to sleep _____	Blaming others _____
Taking tranquilizers or other drugs _____		

Total Score for behavioral Symptoms = _____

Emotional Symptoms

Anxiety _____	Worry _____	Irritability _____	Trembling _____
Impatience _____	Moodiness _____	Hoplessness _____	Depression _____
Unable to keep still _____	Crying easily _____	Angry outbursts _____	
difficulty concentrating _____	lack of self-esteem _____	excessive quietness _____	
loss of sex interest or pleasure _____			

Total Score for Emotional Symptoms = _____

Count your total score. If your score is 50 or less, you are handling stress excellently. If you have a score of 50 –100, you could benefit from stress reduction techniques to improve your life. If your Score is over 100, you're approaching distress.

