Signs of Stress Checklist

Put a check mark next to the signs you notice when you are under stress:

___ headaches
___ sweating
___ increased heart rate
___ back pain
___ change in appetite
___ difficulty falling asleep
___ increased need for sleep
___ trembling or shaking
___ digestion problems
___ stomach aches
___ dry mouth
___ problems concentrating
___ anger over relatively minor things
___ irritable
___ anxious
___ feeling restless or “keyed up”
___ tearful
___ forgetful
___ prone to accidents
___ using alcohol or drugs (or wanting to)
___ difficulty making decisions
___ feeling confused
___ other: _______________________________________

___ other: _______________________________________

Adapted from SAMHSA Illness Management and Recovery Workbook