

Assess Your Stress

Not all stress is bad. But too much stress can hurt your mental and physical well-being. Use this checklist to watch for excess stress in your life:

- | | |
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| <input type="checkbox"/> fatigue | <input type="checkbox"/> feeling overwhelmed or out of control |
| <input type="checkbox"/> sleeplessness | <input type="checkbox"/> poor concentration |
| <input type="checkbox"/> irritability, anxiety or depression | <input type="checkbox"/> frequent crying |
| <input type="checkbox"/> change in appetite | <input type="checkbox"/> muscle spasms |
| <input type="checkbox"/> headache, backache or chest pain | <input type="checkbox"/> constipation or diarrhea |
| <input type="checkbox"/> lasting negative attitude | <input type="checkbox"/> shortness of breath |
| <input type="checkbox"/> numbness | <input type="checkbox"/> difficulty controlling your temper |

If you're experiencing any of these symptoms, try some simple stress reduction techniques, such as deep breathing, relaxation or exercise.

If you checked many boxes, you may need more than these techniques. Consider asking your healthcare provider about counseling or other ways to cope with the stress in your life.