

Stress Assessment



Stress is the **normal reaction** to situations perceived as challenges, threats, or even opportunities. However, living in a constant state of stress is **unhealthy** for the mind and body. Identifying symptoms of stress is the first step towards decreasing stress in your life.

Symptoms of Chronic Stress

The following are symptoms of stress to be aware of. *What do you experience?*

The Body	Thoughts and Feelings	Behaviour
<input type="checkbox"/> Headache	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Overeating/under eating
<input type="checkbox"/> Chest pain	<input type="checkbox"/> Worry/depression	<input type="checkbox"/> Angry outburst
<input type="checkbox"/> High blood pressure	<input type="checkbox"/> Negative thinking	<input type="checkbox"/> Drug/alcohol abuse
<input type="checkbox"/> Shortness of breath	<input type="checkbox"/> Anger	<input type="checkbox"/> Social withdrawal
<input type="checkbox"/> Muscle aches/back pain	<input type="checkbox"/> Mood swings	<input type="checkbox"/> Relationship conflicts
<input type="checkbox"/> Clenched jaw	<input type="checkbox"/> Job dissatisfaction	<input type="checkbox"/> Decreased work productivity
<input type="checkbox"/> Constipation/diarrhea	<input type="checkbox"/> Insecurity	<input type="checkbox"/> Crying spells
<input type="checkbox"/> Increased perspiration	<input type="checkbox"/> Confusion	
<input type="checkbox"/> Difficulty sleeping	<input type="checkbox"/> Burnout	
<input type="checkbox"/> Weight gain/loss	<input type="checkbox"/> Forgetfulness	
<input type="checkbox"/> Skin breakout	<input type="checkbox"/> Resentment	
	<input type="checkbox"/> Guilt	

The Effects of Chronic Stress

Highly stressed individuals are at greater risk for **multiple** health conditions, including:

- Cancer
- Cardiovascular disease
- Diabetes
- Depression and anxiety
- Fatigue
- Obesity
- Musculoskeletal pain



In fact, **psychological stress** and the associated chronic inflammatory response have been *linked* to virtually **all chronic conditions**.

Source: mayoclinic.com

