1.

Stress Symptoms Tracker

Stress Check: Are you feeling the heat?

Instructions:

- Use this checklist to identify symptoms you experience frequently
- Mark the symptoms that apply to you, and reflect on how they impact your daily life.
- Recognising these signals is the first step toward managing your stress effectively—like finding your keys right when you're about to be late!
- Single signs alone may not mean chronic stress, but recurring combinations are a clear red flag!

On Your Body

- ☐ Headaches
- ☐ Muscle Tension
- ☐ Fatigue or Low Energy
- ☐ Changes in Appetite
- ☐ Chest Pain
- ☐ Change in Sex Drive
- ☐ Digestive Issues
- ☐ Frequent Colds & Sickness
- ☐ Excess Sweating
- ☐ Trouble Sleeping
- ☐ Rapid Heartbeat
- ☐ Jaw Clenching
- ☐ Frequent Acne Outbreaks
- ☐ Chronic Aches & Pains
- ☐ High Blood Sugar

On Your Mood

- ☐ Anxiety
- ☐ Irritability
- ☐ Restlessness
- ☐ Memory Problems
- ☐ Lack of Motivation
- ☐ Feel Overwhelmed
- ☐ Grumpiness
- ☐ Lack of Focus
- ☐ Chronic Sadness
- ☐ Panic Attacks
- ☐ Pessimism
- ☐ Anger

2.

Stress Symptoms Tracker

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On Your Behaviour

- ○ Comfort Eating
- ○ Under Eating
- ○ Avoiding friends
- ○ Using Drugs
- ○ Heavy Smoking
- ○ Stop Exercising
- ○ Having Sex Compusively
- ○ Drinking Too Much
- ○ Avoiding Going Out

On Your Brainpower

- ○ Reading Problems
- ○ Racing Thoughts
- ○ Low Concentration
- ○ Forgetfulness
- ○ Disorganisation
- ○ Brain Fog
- ○ Over thinking

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If you've ticked multiple boxes, it's time to take action. Don't let these symptoms hold you back any longer. Reach out for personalised support and start your journey to vibrant health and clarity today

3

Stress Symptoms Tracker

Stress Check: Are you feeling the heat?



What You Frequently Say

I'm so tired all the time.

I'm so overwhelmed I can't cope

I'm just not good enough. I should be achieving more

I can't seem to focus well & keep forgetting things

Why does everything feel so heavy?"

I'm so overwhelmed I can't cope!

I bloat when I eat anything these days I seem intolerant to everything.

I know I should be exercising but I just can't be bothered to move

I don't understand what my body is doing. I have so many strange symotoms

Nothing seems to go right."

I feel like I'm at the end of my rope."

This is all too much for me!"

I can't stop worrying."

All this sounds a bit too much for me. I feel like sitting on the sofa & binging on chocolate

Everything is driving me crazy!