

# Stress Assessment

Check any that apply:

- \_\_\_ Difficulty sleeping
- \_\_\_ Irritability/easily angered
- \_\_\_ Relationship problems
- \_\_\_ Impatience
- \_\_\_ Increase in alcohol/drug use
- \_\_\_ Changes in eating patterns – loss of appetite or overeating
- \_\_\_ Racing thoughts
- \_\_\_ Distracted/poor concentration
- \_\_\_ Misplacing/losing things
- \_\_\_ Cursing more than usual
- \_\_\_ Slamming doors/drawers
- \_\_\_ Forgetting things more than usual
- \_\_\_ Tearful/crying more than usual
- \_\_\_ Inability to relax
- \_\_\_ Grinding teeth (day or night)
- \_\_\_ Muscle tension, soreness, tightness
- \_\_\_ Nail biting, lip biting, etc.
- \_\_\_ Hair twirling/pulling
- \_\_\_ Daydreaming
- \_\_\_ Making careless mistakes
- \_\_\_ Headaches and other pains
- \_\_\_ Upset stomach, ulcers, IBS
- \_\_\_ Excessive worrying, ruminating
- \_\_\_ Fidgeting – bouncing your feet, tapping your fingers

Scoring:

Count the number of check marks to determine your stress level.

5 or less – Mild stress – try to take it easy. Request a discovery call [www.drmichelleodette.com](http://www.drmichelleodette.com).

6 – 10 – Moderate stress – you need to make some changes and learn stress management. Request a discovery call [www.drmichelleodette.com](http://www.drmichelleodette.com).

Over 10 – You may be in the danger zone – talk to a medical provider ASAP.

NOTE: These signs and symptoms can be related to serious health or mental health problems. If they are persistent, it is important to get help.