



LifestyleMatters™

Your Level of Stress

Low 1 2 3 4 5 6 7 8 9 High 10

Your Symptoms of Stress

- | | |
|--|---|
| <input type="checkbox"/> Tension | <input type="checkbox"/> Change in sleeping habits |
| <input type="checkbox"/> Feeling overwhelmed | <input type="checkbox"/> Excessive talking |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Dry mouth |
| <input type="checkbox"/> Irritability | <input type="checkbox"/> Sporadic eating |
| <input type="checkbox"/> Restlessness | <input type="checkbox"/> Increased hunger |
| <input type="checkbox"/> Fatigue | <input type="checkbox"/> Decreased appetite |
| <input type="checkbox"/> Volatile emotions | <input type="checkbox"/> Queasy stomach |
| <input type="checkbox"/> Mental sluggishness | <input type="checkbox"/> Clammy skin |
| <input type="checkbox"/> Forgetfulness | <input type="checkbox"/> Muscle pain |
| <input type="checkbox"/> Poor concentration | <input type="checkbox"/> Lower immunity |
| <input type="checkbox"/> Procrastination | <input type="checkbox"/> Sickness/death |
| <input type="checkbox"/> Perfectionism | <input type="checkbox"/> PMS |
| <input type="checkbox"/> Ambivalence | <input type="checkbox"/> Substance abuse |
| <input type="checkbox"/> Rapid heart beat | <input type="checkbox"/> Job absenteeism |
| <input type="checkbox"/> Shallow breathing | <input type="checkbox"/> Inconsistent in work performance |
| <input type="checkbox"/> Perspiration | <input type="checkbox"/> Social conflict |