

The Stress Symptom Checklist*

Directions: Check the symptoms of stress exhaustion you've noticed lately in yourself. Add the total number of checks and match with the corresponding face below.

<i>Physical</i>	<i>Emotional</i>	<i>Mental</i>	<i>Relational</i>
<input type="checkbox"/> appetite/weight change	<input type="checkbox"/> anxiety	<input type="checkbox"/> forgetfulness	<input type="checkbox"/> isolation
<input type="checkbox"/> headaches	<input type="checkbox"/> frustration	<input type="checkbox"/> low productivity	<input type="checkbox"/> intolerance
<input type="checkbox"/> tension	<input type="checkbox"/> the "blues"	<input type="checkbox"/> negative attitude	<input type="checkbox"/> resentment
<input type="checkbox"/> fatigue	<input type="checkbox"/> mood swings	<input type="checkbox"/> confusion	<input type="checkbox"/> loneliness
<input type="checkbox"/> insomnia or excessive sleep	<input type="checkbox"/> bad temper	<input type="checkbox"/> lethargy	<input type="checkbox"/> lashing out
<input type="checkbox"/> colds	<input type="checkbox"/> nightmares	<input type="checkbox"/> racing thoughts	<input type="checkbox"/> hiding
<input type="checkbox"/> muscle aches	<input type="checkbox"/> crying spells	<input type="checkbox"/> no new ideas	<input type="checkbox"/> "shutting down"
<input type="checkbox"/> digestive upsets	<input type="checkbox"/> irritability	<input type="checkbox"/> boredom	<input type="checkbox"/> decreased sex drive
<input type="checkbox"/> pounding heart	<input type="checkbox"/> "no one cares"	<input type="checkbox"/> spacing out	<input type="checkbox"/> distrust
<input type="checkbox"/> accident prone	<input type="checkbox"/> depression	<input type="checkbox"/> negative self-talk	<input type="checkbox"/> using people
<input type="checkbox"/> teeth grinding	<input type="checkbox"/> nervous laughter	<input type="checkbox"/> poor concentration	<input type="checkbox"/> nagging
<input type="checkbox"/> rash	<input type="checkbox"/> worrying	<input type="checkbox"/> slowed thinking	<input type="checkbox"/> lack of intimacy
<input type="checkbox"/> restlessness	<input type="checkbox"/> easily discouraged	<input type="checkbox"/> apathy	<input type="checkbox"/> fewer social contacts
<input type="checkbox"/> foot/finger tapping	<input type="checkbox"/> little joy	<input type="checkbox"/> cynicism	<input type="checkbox"/> argumentative
<input type="checkbox"/> increased substance use	<input type="checkbox"/> increased gullibility	<input type="checkbox"/> avoidance	<input type="checkbox"/> increased dependence



0 to 3



4 to 7



8 to 10



11 to 14



15 to 18



19 to 22



23 to 26



above 26

* This checklist is used to generate questions & discussion and no research has been conducted to ascertain the reliability or validity of the results.

For more information about how to manage the stress of college life, contact the UMaine Counseling Center located in Cutler Health Center.

<http://www.umaine.edu/counseling>

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