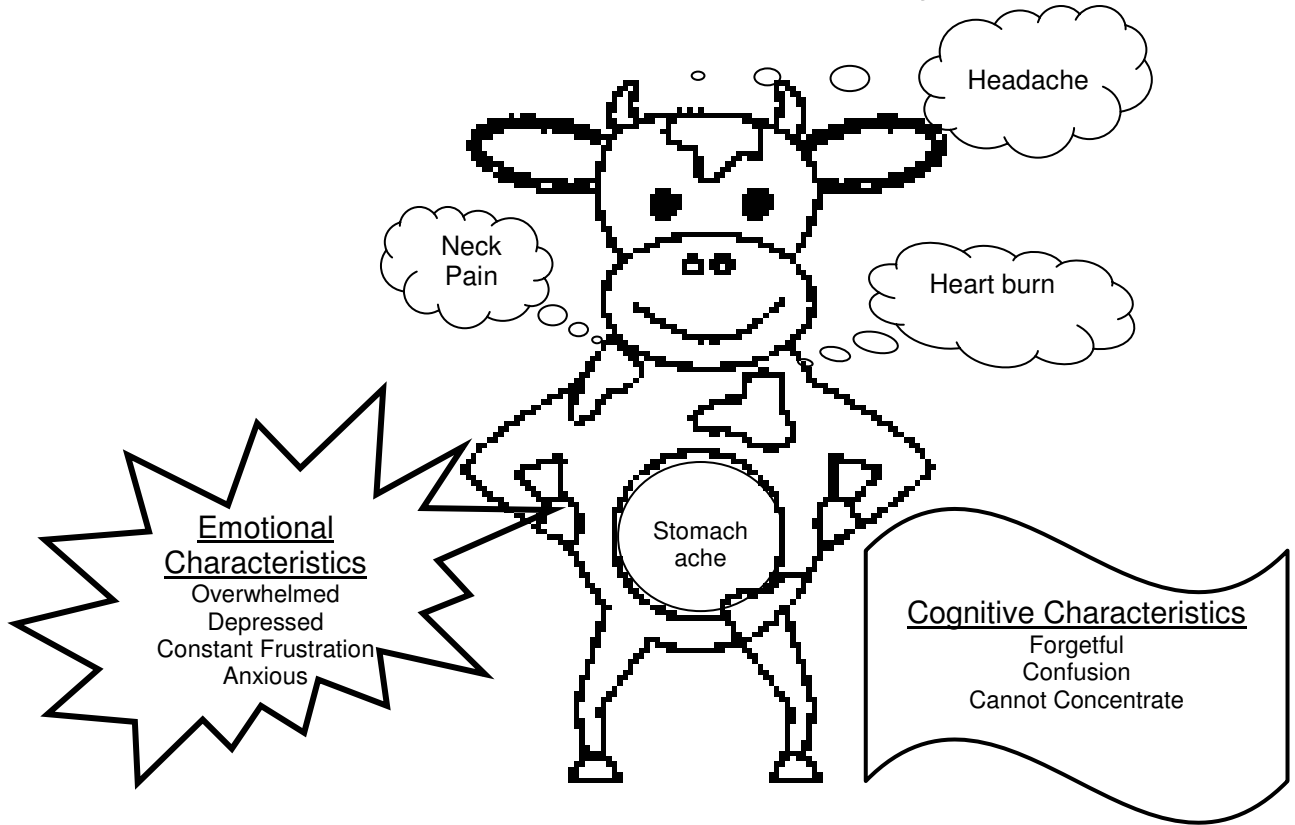


Stress Inventory



Stress Reaction Inventory

Circle those that apply to you.

<p><u>Physical Characteristics</u></p> <ul style="list-style-type: none"> ❖ Fatigue/exhaustion ❖ Headaches ❖ Frequent colds/flu/illness ❖ High blood pressure ❖ Insomnia ❖ Dizzy/short of breath 	<p><u>Cognitive Characteristics</u></p> <ul style="list-style-type: none"> ❖ Forgetful ❖ Cannot concentrate ❖ Worries ❖ Negative thoughts ❖ Confusion ❖ Loss of humor/creativity
<p><u>Emotional Characteristics</u></p> <ul style="list-style-type: none"> ❖ Depressed ❖ Sarcastic/spiteful ❖ Overwhelmed ❖ Distrustful of others ❖ Lonely ❖ Easily angered ❖ Helpless ❖ guilt 	<p><u>Behavioral Characteristics</u></p> <ul style="list-style-type: none"> ❖ Eat more/eat less ❖ Increased use of drugs/alcohol ❖ Sleep more/sleep less ❖ Withdrawn from people ❖ Lethargic ❖ Loss patience easily ❖ Cries easily ❖ Feel loss of control

Other Observations: