

### Stress Awareness Worksheet: Signs of Chronic Stress

This worksheet is designed to build greater self-awareness, in particular, to help you better identify signs of chronic stress. This exercise can be repeated at any point along the continuum of care, as you may find that circumstances change.

**Instructions:** Rate the frequency with which you have experienced each of the following during the past six months. Choose a number from the following scale.

0 – Never

1 - Occasionally

2 - Frequently

3 - Constantly, or almost  
constantly

#### Physical Signs

- |   |   |   |   |  |
|---|---|---|---|--|
| 0 | 1 | 2 | 3 | Tension or migraine headaches            |
| 0 | 1 | 2 | 3 | Difficulty in falling or staying asleep  |
| 0 | 1 | 2 | 3 | Fatigue                                  |
| 0 | 1 | 2 | 3 | Overeating or loss of appetite           |
| 0 | 1 | 2 | 3 | Constipation or diarrhea                 |
| 0 | 1 | 2 | 3 | Lower back pain                          |
| 0 | 1 | 2 | 3 | Allergy problems                         |
| 0 | 1 | 2 | 3 | Hives or skin rashes                     |
| 0 | 1 | 2 | 3 | Indigestion                              |
| 0 | 1 | 2 | 3 | Aching neck and shoulders                |
| 0 | 1 | 2 | 3 | Twitches                                 |
| 0 | 1 | 2 | 3 | Ulcers                                   |
|   |   |   |   | Other physical signs (list & rate each): |
| 0 | 1 | 2 | 3 | _____                                    |
| 0 | 1 | 2 | 3 | _____                                    |

#### Psychological Signs

- |   |   |   |   |   |
|---|---|---|---|---|
| 0 | 1 | 2 | 3 | Nervousness                                   |
| 0 | 1 | 2 | 3 | Anxiety                                       |
| 0 | 1 | 2 | 3 | Irritability                                  |
| 0 | 1 | 2 | 3 | Depression                                    |
| 0 | 1 | 2 | 3 | Anger   |
| 0 | 1 | 2 | 3 | Withdrawal                                    |
| 0 | 1 | 2 | 3 | Reduced motivation                            |
| 0 | 1 | 2 | 3 | Feeling emotionally drained                   |
| 0 | 1 | 2 | 3 | Nightmares                                    |
| 0 | 1 | 2 | 3 | Diminished memory and recall                  |
| 0 | 1 | 2 | 3 | Loss of sense of humor                        |
| 0 | 1 | 2 | 3 | Other psychological signs (list & rate each): |
| 0 | 1 | 2 | 3 | _____   |
| 0 | 1 | 2 | 3 | _____   |

#### Behavioral Signs:

- |   |   |   |   |  |
|---|---|---|---|--|
| 0 | 1 | 2 | 3 | Reduced quality of work performance        |
| 0 | 1 | 2 | 3 | Reduced productivity at work               |
| 0 | 1 | 2 | 3 | Inappropriate hostility towards co workers |
| 0 | 1 | 2 | 3 | Missing appointments or deadlines          |
| 0 | 1 | 2 | 3 | Shirking responsibilities                  |
| 0 | 1 | 2 | 3 | Minor accidents or increase errors         |
| 0 | 1 | 2 | 3 | Indecisiveness                             |
| 0 | 1 | 2 | 3 | Problems with sexual performances          |
| 0 | 1 | 2 | 3 | Use of mood altering drugs or alcohol      |
|   |   |   |   | Other behavioral signs (list & rate each): |
| 0 | 1 | 2 | 3 | _____                                      |
| 0 | 1 | 2 | 3 | _____                                      |

Some symptoms may be caused by conditions other than chronic stress. However, in the absence of some other specific cause, any items rated 2 or above may be red flags for chronic stress requiring you to employ stress management techniques and/or seek additional care. For more information, visit <http://tragecancer.org/stressmanagement>.

#### Additional Resources on Stress Management

Additional Stress Awareness Worksheets: <http://tragecancer.org/stressmanagement>

*Don't Stress the Stress* Webinar: <http://tragecancer.org/stressmanagementwebinar>

Triage Cancer Quick Guide to Stress Management: <http://tragecancer.org/QuickGuide-StressManagement>

Progressive Muscle Relaxation (PMR) and Guided Imagery Exercise: <http://tragecancer.org/relaxationexercise>