

Stress workshop checklist

Your body will tell you when you're stressed. Below are some symptoms which can be used to gauge our level of stress. How many of the symptoms listed below have you experienced in the last 3 months?

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| Back Ache | Exhaustion |
| Upset Stomach | Uneasy Throat |
| Headache | Problem skin |
| Neck or shoulder tension | Night sweats |
| Change in appetite | Worry |
| Tearfulness | Sleeplessness |
| Irritability | Nail Biting |
| Change in Weight | Use of alcohol to relax or
caffeine to energise |
| Panic Attacks | Frequent toileting |
| Short Temper | Forgetfulness |
| Anxiety | Grinding teeth |
| Feelings of not being able to cope | Insecurity |
| Change in libido | Relationship issues |
| Always washing hands | Feeling confused |
| Irregular breathing | |
| Palpitations | |

If you've experienced 10 or more of these symptoms in the last 3 months then it's time to build in some stop time.
