Self-Assessment of Stressors

I. Make a list of your current stressors. Briefly describe each stressor in a couple of sentences so that you have a good focus on what each one is. If you have fewer than ten, fine. No need to come up with more than you really have.

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10.

II. Next, from the list you have just made, reorganize it into acute (intense and short-term) stressors and chronic (not as intense and prolonged) stressors:

<table>
<thead>
<tr>
<th>Acute (lasting hours)</th>
<th>Chronic (lasting days, weeks, or months)</th>
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<tbody>
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<td>1.</td>
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### Stress Warning Signs

#### Physical Symptoms

- Headaches
- Indigestion
- Stomachaches
- Sleep difficulties
- Dizziness
- Back pain
- Tight neck and/or shoulders
- Racing heart
- Tiredness
- Ringing in ears

#### Behavioral Symptoms

- Excess smoking
- Bossiness
- Compulsive gum chewing
- Compulsive eating
- Attitude critical of others
- Inability to get things done
- Grinding of teeth at night
- Overuse of alcohol

#### Emotional Symptoms

- Crying
- Nervousness, anxiety
- Boredom–no meaning to things
- Edginess–ready to explode
- Feeling powerless to change things
- Overwhelming sense of pressure
- Anger
- Loneliness
- Unhappiness for no reason
- Easily upset

#### Cognitive Symptoms

- Trouble thinking clearly
- Forgetfulness
- Lack of creativity
- Memory loss
- Inability to make decisions
- Thoughts of running away
- Constant worry
- Loss of sense of humor