

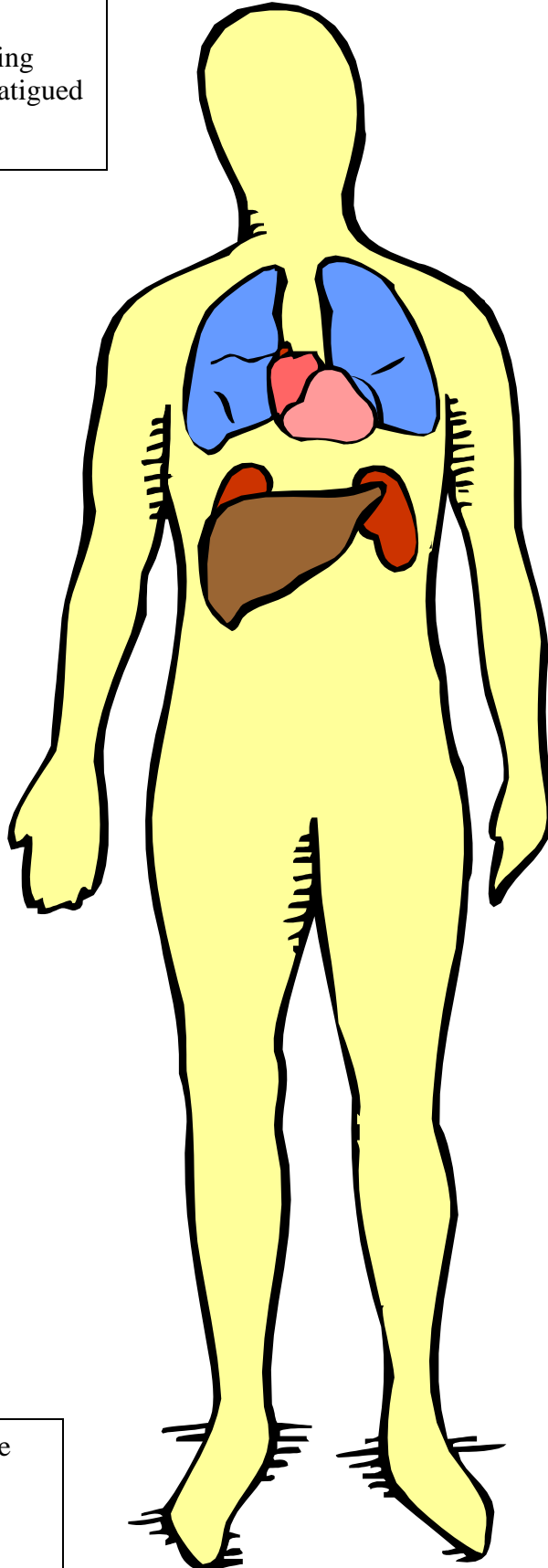
MY PERSONAL STRESS SYMPTOMS

- ___ Crying
- ___ Depression
- ___ Increased smoking
- ___ Restlessness, fidgeting
- ___ Feeling exhausted/fatigued
- ___ Drug/alcohol

___ Back tightens up/aches

___ Diarrhea

___ Nail biting



- ___ Headaches
- ___ Dizziness
- ___ Face feels hot, flushed

___ Dry mouth, throat

___ Grind Teeth

___ Neck/shoulders tighten up/ache

___ Heart beats faster

___ Heartburn

___ Stomach upset/nausea

___ Cramps

___ Increased Urination/defecation

___ Hands and/or feet feel cold or sweaty

___ Legs get shaky or tighten up

___ Tapping fingers/feet

- ___ Withdrawal from people
- ___ Aggression
- ___ Boredom
- ___ Can't concentrate
- ___ Sleep/ sleep to escape
- ___ Inability to sleep