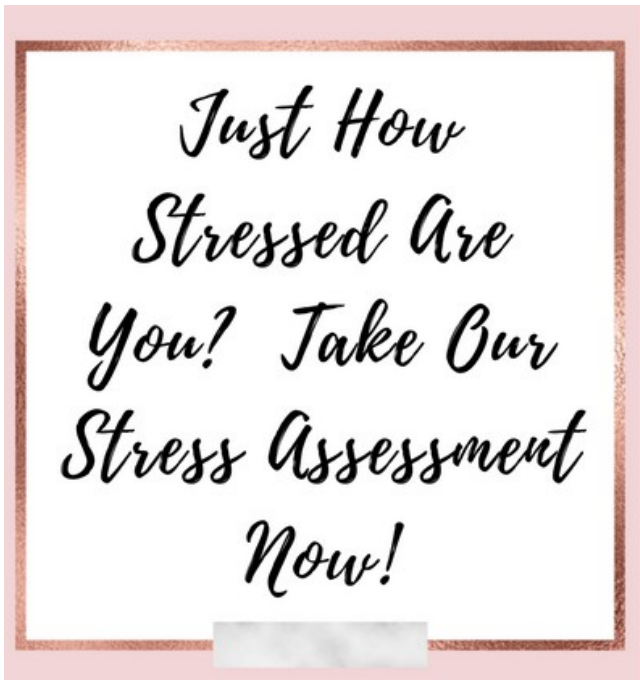


Stress Assessment

Just how stressed are you?! When you are done email the number of items you checked off to lisa@badassgirlboss.com for your results! Check all that apply:



- ☐ Difficulty Sleeping
- ☐ Tearful/crying more than usual
- ☐ Irritability/easily angered
- ☐ Inability to relax
- ☐ Relationship problems
- ☐ Grinding teeth (day or night)
- ☐ Impatience
- ☐ Muscle tension, soreness, tightness
- ☐ Increase in alcohol/drug use
- ☐ Nail biting, lip biting, etc
- ☐ Changes in eating patterns - loss of appetite or overeating
- ☐ Hair twirling/pulling
- ☐ Racing thoughts
- ☐ Daydreaming
- ☐ Making careless mistakes
- ☐ Distracted/poor concentration
- ☐ Headaches and other pains

☐ Misplacing/losing things

☐ Upset stomach, ulcers, IBS

☐ Cursing more than usual

☐ Excessive worrying, ruminating

☐ Slamming doors/drawers

☐ Fidgeting - bounding your feet, tapping our fingers

☐ Forgetting things more than usual

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