

HOW IS STRESS AFFECTING ME?

COGNITIVE EFFECTS

- ☐ memory problems
 - ☐ trouble focusing and concentrating
 - ☐ difficulty making decisions or poor judgement
 - ☐ seeing only the negative
 - ☐ feeling anxious or having racing thoughts
 - ☐ worrying a lot
 - ☐ _____
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EMOTIONAL EFFECTS

- ☐ feeling sad or unhappy a lot
 - ☐ feeling irritable and agitated easily
 - ☐ feeling moody
 - ☐ feeling overwhelmed
 - ☐ feeling lonely or isolated
 - ☐ _____
 - ☐ _____
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HOW IS STRESS AFFECTING ME?

PHYSICAL EFFECTS

- ☐ aches and pains
 - ☐ diarrhea or constipation
 - ☐ headaches
 - ☐ increased heart rate
 - ☐ frequent colds
 - ☐ loss of sex drive
 - ☐
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BEHAVIORAL EFFECTS

- ☐ eating more or less
 - ☐ sleeping too much or too little
 - ☐ withdrawing from others
 - ☐ procrastinating or neglecting
 - ☐ using alcohol, cigarettes or drugs to relax
 - ☐ nervous habits (nail biting, pacing, etc.)
 - ☐
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