

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:

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- 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
