

Combating Stress in Your Body

For each symptom listed in the table below, rate how much you're experiencing the problem at the moment.

Physical symptoms of stress

- 0** *You don't have a problem with that symptom at the moment*
- 1** *You have it in a mild or moderate way; it's not there all the time and it's not too bad when it is*
- 2** *You have the symptom most of the time, and it's very troubling for you*

MUSCLES AND JOINTS	SCORE (0, 1 or 2)
Tension and pain	
Neck and shoulder pain	
Backache	
Headache	
TOTAL SCORE:	

- 0** *You don't have a problem with that symptom at the moment*
- 1** *You have it in a mild or moderate way; it's not there all the time and it's not too bad when it is*
- 2** *You have the symptom most of the time, and it's very troubling for you*

STOMACH	SCORE (0, 1 or 2)
Indigestion	
Vomiting	
Heartburn	
Constipation	
Diarrhoea	
Irritable bowel	
Flatulence	
TOTAL SCORE:	
HEART	
Palpitations	
Heart missing a beat	
Angina	
Pain	
TOTAL SCORE:	

BREATHING	SCORE (0, 1 or 2)
Shortness of breath	
Breathing too rapidly (hyperventilation)	
TOTAL SCORE:	
SEXUAL	
No sex drive	
Impotence	
Heavy menstrual periods	
Absence of menstrual periods	
TOTAL SCORE:	
SKIN	
Spots	
Rashes	
Eczema	
Allergic reactions	
TOTAL SCORE:	
GENERAL	
More frequent colds and flu	
Allergies	
Low energy	
Restlessness	
TOTAL SCORE:	
GRAND TOTAL:	