



WELLNESS WORKSHEET 10

Identify Your Stress Level and Your Key Stressors

Many symptoms of excess stress are easy to self-diagnose. To help determine how much stress you experience on a daily basis, answer the following questions.

How many of the symptoms of excess stress in the list below do you experience frequently? _____

Yes No

- | | | |
|-----|-----|--|
| ___ | ___ | 1. Are you easily startled or irritated? |
| ___ | ___ | 2. Are you increasingly forgetful? |
| ___ | ___ | 3. Do you have trouble falling or staying sleep? |
| ___ | ___ | 4. Do you continually worry about events in your future? |
| ___ | ___ | 5. Do you feel as if you are constantly under pressure to produce? |
| ___ | ___ | 6. Do you frequently use tobacco, alcohol, or other drugs to help you relax? |
| ___ | ___ | 7. Do you often feel as if you have less energy than you need to finish the day? |
| ___ | ___ | 8. Do you have recurrent stomachaches or headaches? |
| ___ | ___ | 9. Is it difficult for you to find satisfaction in simple life pleasures? |
| ___ | ___ | 10. Are you often disappointed in yourself and others? |
| ___ | ___ | 11. Are you overly concerned with being liked or accepted by others? |
| ___ | ___ | 12. Have you lost interest in intimacy or sex? |
| ___ | ___ | 13. Are you concerned that you do not have enough money? |

Experiencing some of the stress-related symptoms or answering “yes” to a few questions is normal. However, if you experience a large number of stress symptoms or you answered “yes” to a majority of the questions, you are likely experiencing a high level of stress. Take time out to develop effective stress-management techniques. Many coping strategies that can aid you in dealing with your college stressors are described in this chapter. Additionally, your school’s counseling center can provide valuable support.

Symptoms of Excess Stress

Physical Symptoms

Dry mouth
Excessive perspiration
Frequent illnesses
Gastrointestinal problems
Grinding of teeth
Headaches
High blood pressure
Pounding heart
Stiff neck or aching lower back

Emotional Symptoms

Anxiety or edginess
Depression
Fatigue
Hypervigilance
Impulsiveness
Inability to concentrate
Irritability
Trouble remembering things

Behavioral Symptoms

Crying
Disrupted eating habits
Disrupted sleeping habits
Harsh treatment of others
Problems communicating
Sexual problems
Social isolation
Increased use of tobacco, alcohol, or other drugs

Weekly Stress Log

Now that you are familiar with the signals of stress, complete the weekly stress log on the next page to map patterns in your stress levels and identify sources of stress. Enter a score for each hour of each day according to the ratings listed below the log.

(over)

WELLNESS WORKSHEET 10 — continued

	A.M.							P.M.													
	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	<i>Average</i>	
Monday																					
Tuesday																					
Wednesday																					
Thursday																					
Friday																					
Saturday																					
Sunday																					
<i>Average</i>																					

Ratings

- 1 = No anxiety; general feeling of well-being
- 2 = Mild anxiety; no interference with activity
- 3 = Moderate anxiety; specific signal(s) of stress present
- 4 = High anxiety; interference with activity
- 5 = Very high anxiety and panic reactions; general inability to engage in activity

To identify daily or weekly patterns in your stress level, average your stress rating for each hour and each day. For example, if your scores for 6:00 A.M. are 3, 3, 4, 3, and 4, with blanks for Saturday and Sunday, your 6:00 A.M. rating would be $17 \div 5$, or 3.4 (moderate to high anxiety). Finally, calculate an average weekly stress score by averaging your daily average stress scores. Your weekly average will give you a sense of your overall level of stress.

Identifying Sources of Stress

External stressors: List several people, places, or events that caused you a significant amount of discomfort this week. _____

Internal stressors: List any recurring thoughts or worries that produced feelings of discomfort this week.
