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 asleep?
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 Chapter 2 of your text. Additionally, your school’s counseling center can provide valuable support.

Symptoms of Excess Stress

<table>
<thead>
<tr>
<th>Physical Symptoms</th>
<th>Emotional Symptoms</th>
<th>Behavioral Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dry mouth</td>
<td>Anger</td>
<td>Crying</td>
</tr>
<tr>
<td>Excessive perspiration</td>
<td>Anxiety or edginess</td>
<td>Disrupted eating habits</td>
</tr>
<tr>
<td>Frequent illnesses</td>
<td>Depression</td>
<td>Disrupted sleeping habits</td>
</tr>
<tr>
<td>Gastrointestinal problems</td>
<td>Fatigue</td>
<td>Harsh treatment of others</td>
</tr>
<tr>
<td>Grinding of teeth</td>
<td>Hypervigilance</td>
<td>Increased use of tobacco, alcohol, or other drugs</td>
</tr>
<tr>
<td>Headaches</td>
<td>Impulsiveness</td>
<td>Problems communicating</td>
</tr>
<tr>
<td>High blood pressure</td>
<td>Inability to concentrate</td>
<td>Sexual problems</td>
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<tr>
<td>Pounding heart</td>
<td>Irritability</td>
<td>Social isolation</td>
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<tr>
<td>Stiff neck or aching lower back</td>
<td>Trouble remembering things</td>
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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.
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 ÷ 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:

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________