## **How Stress Manifests for You**

How many of the following do you experience when you are stressed?

	Never	Sometimes	Often
Do you notice an increase in your gambling?			
Do you notice an increase in drinking / smoking?			
Do you eat more or less than usual?			
Do you feel hyper / elated / restless?			
Do you have difficulty concentrating or finishing tasks?			
Do you find it difficult to make decisions?			
Do you find it hard to sleep?			
Do you start to avoid people / activities / work?			
Do you feel grumpy / irritated / angry?			
Do you speak more loudly or quicker than usual?			
Do you overreact more easily?			
Do you experience back pain / stiff or tense muscles?			
Do you experience indigestion / stomach aches / nausea?			
Do you experience headaches?			
Do you experience skin rashes?			
Do you experience chest pain?			
Do you worry without reason / get panic attacks?			
Do you judge yourself or others more harshly?			