



BECOMING MINDFUL EXERCISE: STRESS SYMPTOMS

Check the symptoms you have been experiencing in each of the following areas

BEHAVIOR SYMPTOMS

- Overreacting
- Weight-gain or loss
- Overeating
- Not eating
- Loss of sense of humor
- Panic attacks
- Using alcohol/substance
- Obsessive compulsive behavior
- Not finishing tasks at work
- Short-tempered
- Nail biting
- Nervous habits, fidgety
- Being late
- Crying spells
- Low sex drive
- Uninterested in pleasurable activities
- Problems with sharing or communicating
- Lack of interest in appearance
- isolation/social withdraw

PHYSICAL SYMPTOMS

- Sleepiness
- Nausea
- Decrease or increase in appetite
- Gaining weight
- Losing weight
- Lack of energy
- Constant tiredness/fatigue
- Tired eyes
- Dry mouth/ problems swallowing
- Grinding teeth
- Jaw clenching
- Chest pain/palpitations
- Stiff or sore muscles
- Neck pain
- Tightness of chest
- Joint pain
- Back pain
- Loss of appetite
- indigestion/heartburn
- Body aches
- Headaches
- Tummy ache

COGNITIVE SYMPTOMS (THOUGHTS)

- Disorganization
- Confusion
- Difficulty making decisions
- Suicidal thoughts
- Forgetfulness
- Trouble learning new information
- Difficulty concentration
- Ruminating about the same thoughts
- Racing thought

EMOTIONAL SYMPTOMS

- Feeling defensive
- Feeling distrustful, suspicious, paranoid
- Feeling overwhelmed
- Feeling irritable
- Feeling impatient
- Feeling worthless
- Feeling hopeless
- Having mood swings
- Feeling depressed
- Feeling frustrated
- Feeling hostile
- Feeling angry
- Feeling nervous
- Feeling guilt
- Feeling worry
- Feeling very anxious



LIST OF EMOTIONS

Amazed

Angry

Annoyed

Anxious

Ashamed

Bitter

Bored

Comfortable

Confused

Content

Depressed

Determined

Disdain

Disgusted

Eager

Embarrassed

Energetic

Envious

Excited

Foolish

Frustrated

Furious

Grieving

Happy

Hopeful

Hurt

Inadequate

Insecure

Inspired

Irritated

Jealous

Joy

Lonely

Lost

Loving

Miserable

Motivated

Nervous

Overwhelmed

Peaceful

Proud

Relieved

Resentful

Sad

Satisfied

Scared

Self-conscious

Shocked

Silly

Stupid

Suspicious

Tense

Terrified

Trapped

Uncomfortable

Worried

Worthless



BECOMING MINDFUL

STRESSOR: What's my biggest stressor?

THOUGHTS: What thoughts come to mind when thinking about my biggest stressor?

On a scale of 0-10, how much does this stressor affect me?

0 1 2 3 4 5 6 7 8 9 10 (circle one)

EMOTIONS: The emotions I feel when I think about this stressor are:

BODY: Where in my body do I feel my stress?

BEHAVIOR: How has my behavior changed because of this stressor? Describe your behavior(s):

INNER WISDOM: What do I need to do to feel better?
