

Experience of Stress

Below are some questions about how you experience stress. Please take a few minutes and think about what stress may feel like in your body. The goal is to identify what stress may feel like or look like, so you know when it may be time to take a break or relax. You do not have to share your answers with anyone if you prefer not to do so.

In a typical week, how many nights do you have difficulty sleeping?

0 1 2 3 4 5 6 7

How often do you..

	Less than once a month	Once or twice a month	Once a week	Multiple times a week	Multiple times a day
get headaches?					
feel sick to your stomach because of stress?					
have difficulty being physically still because of stress?					
feel your heart racing because of stress?					
start arguments because you feel stressed out?					

How often do you...

	Never	Rarely	Sometimes	Often	Always
...get annoyed with others because you feel stressed?					
... have trouble focusing because of everything going on in your life?					