

# Stress Checklist

Please check all of the following symptoms of stress that you have experienced in the past month:

- |  |   |
|--|---|
| <input type="checkbox"/> confusion                           | <input type="checkbox"/> nightmares                               |
| <input type="checkbox"/> difficulty making decisions         | <input type="checkbox"/> persistent thoughts of trauma            |
| <input type="checkbox"/> disoriented                         | <input type="checkbox"/> difficulty remembering things            |
| <input type="checkbox"/> in shock                            | <input type="checkbox"/> irritability that is hard to control     |
| <input type="checkbox"/> difficulty concentrating            | <input type="checkbox"/> hostility that is hard to control        |
| <input type="checkbox"/> grief                               | <input type="checkbox"/> feeling “dazed” or “numb”                |
| <input type="checkbox"/> depression                          | <input type="checkbox"/> feeling panic                            |
| <input type="checkbox"/> fear                                | <input type="checkbox"/> difficulty sleeping                      |
| <input type="checkbox"/> feeling helpless or hopeless        | <input type="checkbox"/> feeling restless                         |
| <input type="checkbox"/> anger                               | <input type="checkbox"/> feeling easily startled                  |
| <input type="checkbox"/> suspiciousness                      | <input type="checkbox"/> disturbing thoughts/images               |
| <input type="checkbox"/> anxiety                             | <input type="checkbox"/> a sense of reliving a fearful experience |
| <input type="checkbox"/> increased heart rate                | <input type="checkbox"/> avoiding thoughts/discussions about war  |
| <input type="checkbox"/> rapid breathing                     | <input type="checkbox"/> avoiding things that remind me of war    |
| <input type="checkbox"/> elevated heart rate                 | <input type="checkbox"/> less interest in things I normally enjoy |
| <input type="checkbox"/> headaches                           | <input type="checkbox"/> feeling detached from others             |
| <input type="checkbox"/> excessive sweating                  | <input type="checkbox"/> fear of death/dying                      |
| <input type="checkbox"/> changes in eating                   | <input type="checkbox"/> increased use of alcohol/drugs           |
| <input type="checkbox"/> dizzy spells                        |   |
| <input type="checkbox"/> feeling tired                       |   |
| <input type="checkbox"/> relationship conflicts              |   |
| <input type="checkbox"/> loss of interest in sex             |   |
| <input type="checkbox"/> lower quality of work/lower grades  |   |
| <input type="checkbox"/> feeling less productive than normal |   |
| <input type="checkbox"/> feeling overwhelmed                 |   |
| <input type="checkbox"/> low motivation                      |   |
| <input type="checkbox"/> loss of sense of humor              |   |
| <input type="checkbox"/> impulsive behavior                  |   |

How long have you been experiencing these symptoms? \_\_\_\_\_

How often do you experience these symptoms? \_\_\_\_\_

On a scale of 1 to 10, how intense has your overall stress level been in the past month?

1	2	3	4	5	6	7	8	9	10
low					high				
intensity					intensity				

This checklist includes cognitive, affective, physical and behavioral symptoms of stress. The left column lists what are considered more typical, expected, or “normal” reactions to stress. These symptoms can often occur when experiencing a stressful situation and should subside when the situation passes. However, during times of war or potential threat of terrorist attacks, people may experience prolonged, diffuse, and generalized stressors which do not pass or seem to diminish due to unresolved fears or concerns about the war and/or potential threats of terrorism. These symptoms may become more intense and/or persist for an extended period of time and could cause significant distress and disruption in one’s life and examining the frequency, intensity and duration of these symptoms and their impact on one’s ability to function in daily tasks could help to assess if further intervention might be necessary. While it might be considered a “normal” reaction to experience some of these symptoms in response to stress, if they are causing significant levels of distress or disrupting a person’s ability to function in life, seeking help and support from friends, family, and/or a mental health professional can help to alleviate the difficulties.

The right column lists some more serious indicators of stress, which may be indicative of Acute Stress Disorder or Posttraumatic Stress Disorder (PTSD). These symptoms suggest exposure to an extreme, traumatic stressor that is having a direct impact on a person’s life in some significant and threatening way. Individuals with friends or family directly involved in the war, people who may be involved in the war themselves, or people who perceive that they are in some directly dangerous or threatening situation and experience intense fear, horror and hopelessness as a result could all experience these acute stress reactions. These symptoms are often more intense and are likely to cause significant difficulties in a person’s ability to function and it is recommended that someone who is experiencing these acute symptoms seek help from a mental health professional to aid in developing effective coping strategies.