Stress Profile

Everyone has a different blueprint for how their body tries to adapt to overstress. What is your blueprint? Knowing yours can help you create an action plan for stress.

Examples of Physical Symptoms

___ Headaches  ___ Appetite or weight change
___ Getting colds a lot  ___ Lowered sex drive
___ Stomachaches, digestive upsets  ___ Racing heart
___ Sweaty palms  ___ Dizziness
___ Sleep difficulties or overtiredness  ___ Rash
___ Muscle tension or aches, esp. in jaw, neck, shoulders or back

Examples of Behavioral Signs

___ Teeth grinding  ___ Restlessness
___ Bossiness or short temperedness  ___ Use of alcohol, drugs, or tobacco
___ Compulsive eating or chewing gum  ___ Fewer contacts w/ friends, loneliness
___ Attitude critical of others, feeling controlling  ___ Inability to get things done
___ Foot tapping or finger drumming

Examples of Emotional Signs

___ The blues, little joy, or crying  ___ Nervousness, anxiety
___ Overwhelming sense of pressure  ___ Boredom-no meaning to things
___ Easily upset or discouraged  ___ Irritability, ready to explode
___ Feeling powerless to change things

Examples of Cognitive Signs

___ Trouble thinking clearly  ___ Inability to make decisions
___ Thoughts of running away  ___ Negative attitudes
___ Low productivity  ___ Loss of sense of humor
___ Forgetfulness, memory loss  ___ Whirling, racing mind

Adapted from The Benson-Henry Institute for Mind Body Medicine and Tubesing and Tubesing, Whole Person Press