

Are You Stressed?



I am most likely to get stressed by... (✓ and be specific)

- Academics _____
- Family _____
- Friends _____
- Other Relationships _____
- Clubs/Activities _____
- Work _____
- Internship _____
- Finances _____
- Health _____
- Thinking about the future _____
- Other _____

I know I'm feeling stressed when I ... (✓)

- | | |
|---|--|
| <input type="checkbox"/> Cry more than usual | <input type="checkbox"/> Don't feel like eating |
| <input type="checkbox"/> Can't sleep | <input type="checkbox"/> Fidgety, on the move all the time |
| <input type="checkbox"/> Eat more than usual | <input type="checkbox"/> Feel overly sensitive |
| <input type="checkbox"/> Am irritable | <input type="checkbox"/> Don't feel like doing anything |
| <input type="checkbox"/> Increase use of alcohol/drugs | <input type="checkbox"/> Increase use of social media |
| <input type="checkbox"/> Experience physical symptoms | <input type="checkbox"/> Experience more worry or anxiety |
| <input type="checkbox"/> Have difficulty concentrating/focusing | <input type="checkbox"/> Feel depressed, sad |
| <input type="checkbox"/> Sleep more than usual | <input type="checkbox"/> Other _____ |

