

Symptoms of Severe Stress: A Checklist

How many of the following symptoms apply to you?

- Confusion in thinking
- Difficulty making decisions
- Less able to concentrate
- Calculation problems
- Forgetfulness
- Irritability
- Emotional shock/numbness
- Feeling overwhelmed
- Heightened anxiety
- Loss of emotional control
- Headaches
- Fatigue
- Excessive sweating
- Loss of appetite or increase in appetite
- Rapid heart rate
- Elevated blood pressure
- Rapid, shallow breathing
- Changes in ordinary behavior patterns
- Decreased personal hygiene
- Increased or decreased association with fellow workers
- Withdrawal from others/apathy