

Stress and Anxiety Levels

Nature's House Call® with Dr Giroux

Stress is a part of life and is sometimes present when are not aware. Chronic stress will cause anxiety leading to excessive concern, pre-occupation, physical and emotional stress. Physical problems worsened by chronic anxiety



include problems with sleep, cognitive functions, mood, fatigue, digestion, appetite, headache, or pain, palpitations, breathing problems. Use this worksheet to learn how stress affects your symptoms and take action.

Be sure to talk with your healthcare provider about problems you are having with anxiety or stress and potential treatment.

Stress Triggers. Think about times when you have felt most stressed over the last week (or month). Can you identify circumstances, activities or times of the day that add to your stress or anxiety? List these triggers here.

1. _____

2. _____

3. _____

4. _____

Stress Symptom Inventory

Think about how you feel when you are stressed or anxious. Does stress or anxiety affect any of the problems listed below? If so, describe the changes in your body or activity that occur. Rate these changes on a scale from 0 to 10 (0= no problem, 10= most severe problem).

Problem Area	Severity Rate 0 to 10	Describe the problem
Muscle tightness or spasm		
Pain or Headache		
Loss of stamina		
Fatigue		
Poor Sleep		
Dizziness, Palpitations, Sweating		
Nausea or intestinal distress		
Impairs ability or motivation to exercise		
Emotional changes such as depression, negativity, hopelessness, or sense of doom		

Cognitive difficulties such as trouble concentrating, remembering, or focusing		
Social withdrawal or decreased engagement in activities		

Add the rating scores and divide by 11 _____

This is your stress with 0= No stress, 5= Moderate stress, 10=severe s Sress

Changes you are already making to reduce stress. Think about what helps you deal with stress and write down what has worked for you and what has not worked for you.

Have you tried counseling, meditation, yoga, guided imagery or deep breathing exercises?

Yes No

How can you add these relaxation strategies to each day?

How can you use exercise to relieve stress?

Can you solicit the help of others?
