

STRESS SELF CHECK

YOU CAN DO A QUICK BODY SCAN TO SEE HOW YOUR BRAIN, BODY, BEHAVIORS, AND BIG FEELINGS ARE DOING. PLACE A CHECK IF YOU HAVE ANY OF THE FOLLOWING SIGNALS.

What's Happening in My Body?

- ☐ Heart racing
- ☐ Sweating
- ☐ Chest feels heavy
- ☐ Muscles tight
- ☐ Moving fast, pacing
- ☐ Restless, can't sit still
- ☐ Low energy
- ☐ Tired most of the time
- ☐ Moving slower
- ☐ Increase in repetitive movements (e.g., rocking, nail biting)
- ☐ Body relaxed

What's Happening in My Brain?

- ☐ Racing thoughts
- ☐ Can't communicate well
- ☐ Thoughts are stuck and "I can't let them go"
- ☐ Thoughts are bouncing, "I can't focus on anything" or "I can't make decisions"
- ☐ Confused, fuzzy
- ☐ Thoughts are negative about myself, others, and the future
- ☐ Thoughts are clear and steady

What's Happening With My Behaviors?

- ☐ Activities that are usually fun, I am not as interested in doing
- ☐ I don't want to hang out with my friends or be around others
- ☐ I am having trouble taking care of myself
- ☐ I am avoiding tasks that I should be doing
- ☐ I don't feel like going to work more than normal
- ☐ I don't feel like going to school more than normal
- ☐ I am on track with daily tasks and goals

What's Happening With My Big Feelings?

- ☐ Irritable
- ☐ Frustrated
- ☐ Angry
- ☐ Depressed
- ☐ Hopeless
- ☐ Sad
- ☐ Happy
- ☐ Excited
- ☐ Anxious
- ☐ Afraid
- ☐ Overwhelmed
- ☐ Numb
- ☐ Calm, doing okay