Assess Your Stress

Not all stress is bad. But too much stress can hurt your mental and physical well-being. Use this checklist to watch for excess stress in your life:

- overwhelmed
- anxiety
- out of control
- depression
- fatigue
- negativity
- sleeplessness
- headache
- irritability
- change in appetite
- numbness
- backache
- chest pain
- diarrhea
- muscle spasms
- constipation
- shortness of breath
- frequent crying
- difficulty controlling temper

If you're experiencing any of these symptoms, try some simple stress reduction techniques, such as deep breathing, relaxation or exercise.

If you have many of these symptoms, you may need more than these techniques. Consider asking your healthcare provider about counseling or other ways to cope with the stress in your life.