
Behavioral & Emotional Indicators of Stress

Directions: This is for *your own* assessment and will *not* be collected. Check the boxes next to the indicators of stress that you have noticed in your own life in the past 3 months.

- Anxiety
- Depression
- Burnout

- ↑ use of chemical substances
- Change in eating habits, sleep and activity patterns

- Sense of mental exhaustion
- Feelings of inadequacy
- Loss of self-esteem

- irritability
- ↓ motivation
- emotional outbursts and crying

- ↓quality of job performance
- ↓ productivity
- ↓ attention to detail
- ↑ tendency to make mistakes
- ↑ absenteeism and illness

- poor judgment
- forgetfulness and/or blocking
- preoccupation (day dreaming/"spacing out")
- inability to focus or concentrate on tasks
- lethargy
- loss of interest
- proneness to accidents

- ↓ learning
- short attention span
- ↓ ability to think clearly