

Zoe Life Healing  
Free Stress Assessment

Check all of the stress symptoms you have noticed lately in yourself.

PHYSICAL

- appetite change
- headaches
- tension
- fatigue
- insomnia
- food cravings
- poor diet choices
- take supplements

- weight change ( gain  
OR  loss)
- colds
- muscle aches
- digestive upsets
- pounding heart
- accident prone
- teeth grinding
- rash

- restlessness
- foot-tapping
- finger - drumming
- increased alcohol, drug,  
tobacco use
- skip meals
- yo-yo dieting
- food sensitivities
- special diet  
(what \_\_\_\_\_)

EMOTIONAL

- anxiety
- frustration
- the "blues"
- mood swings

- bad temper
- nightmares
- crying spells
- irritability
- "no one cares"

- depression
- nervous laugh
- worrying
- easily discouraged
- little joy

SPIRITUAL

- emptiness
- loss of meaning
- doubt

- unforgiving
- martyrdom
- looking for magic
- loss of direction

- needing to "prove" self
- cynicism
- apathy

MENTAL

- forgetfulness
- dull senses
- poor concentration

- confusion
- lethargy
- whirling mind
- no new ideas

- boredom
- spacing out
- negative self-talk

RELATIONAL

- isolation
- intolerance
- resentment
- Loneliness

- lashing out
- hiding
- clamming up
- lowered sex drive
- nagging

- distrust
- fewer contact with  
friends
- lack of intimacy
- using people

CHEMICAL

- Use plastic food containers
- drink unfiltered water
- cook with non-stick cookware
- use paper towels
- have cans in your pantry

- buy organic
- use air fresheners
- use a shower poof
- use a plastic shower curtain
- use perfume / aftershave
- use dryer sheets

- use bleach
- use fabric softener
- use pesticides
- use glass cleaner
- use sprays to kill ants, bugs
- use furniture polish
- smoke

FINANCIAL

- dread birthdays and holidays
- more month than paycheque
- tax time stress

- need a second or third job
- no savings
- live pay cheque to pay cheque

- how to save for education, training
- how to save for unexpected expenses

SOCIAL

- stay home
- go into crowds
- go to networking events
- go to movies

- go to other people's houses
- birthday celebrations
- holiday gatherings

- potlucks
- go out at night
- go out before others are out

Tally up each section

- Physical \_\_\_\_\_
- Emotional \_\_\_\_\_
- Spiritual \_\_\_\_\_
- Mental \_\_\_\_\_
- Relational \_\_\_\_\_
- Chemical \_\_\_\_\_
- Financial \_\_\_\_\_
- Social \_\_\_\_\_