



STRESS WARNING SIGN Checklist

1. ENERGY + EXHAUSTION

- ☐ I wake up tired, even after a full night's sleep
- ☐ I rely on caffeine or sugar just to function
- ☐ I feel physically drained by midday

SECTION TOTAL _____

2. MOOD + REACTIONS

- ☐ I've been irritable, impatient, or quick to snap
- ☐ I feel emotionally numb or disconnected
- ☐ I've avoided calls, emails, or conversations

SECTION TOTAL _____

3. MENTAL FOCUS

- ☐ I've forgotten tasks or appointments
- ☐ I struggle to concentrate or finish things
- ☐ I feel mentally foggy or scattered

SECTION TOTAL _____

4. PHYSICAL SYMPTOMS

- ☐ I've had unexplained aches, chest tightness, or tension headaches
- ☐ I've noticed jaw clenching, eye twitching, or shallow breathing
- ☐ My sleep, digestion, or breathing has been off

SECTION TOTAL _____

5. OVERWORKING HABITS

- ☐ I can't remember the last time I truly unplugged
- ☐ I work or answer messages even when "off"
- ☐ I feel guilty when I try to rest

SECTION TOTAL _____

SCORING

0–3: Stress is manageable, but keep an eye on early signs

4–6: You may be operating in chronic stress mode—time to reassess your workload

7+: Your body and mind are waving red flags—it may be time to offload some of your responsibilities

Total Score