



How to tell your stress level:

Are you experiencing some or a lot of the following symptoms?

Emotional Signs:

- ☒ Becoming more irritable.
- ☒ Low frustration tolerance.
- ☒ Sudden waves of intense shame, guilt, or hollow emptiness.
- ☒ Feeling suddenly disconnected, detached, or “spacing out”.

Cognitive Signs:

- ☒ Racing thoughts.
- ☒ Can't keep thoughts on track.
- ☒ Can't focus on what other people are saying.
- ☒ All-or-Nothing thinking (“Everything is ruined!”, “I can't handle this!”)
- ☒ Hyper-vigilance (becoming acutely aware of every noise, movement, or perceived insult).

Physical Signs:

- ☒ Sudden tightness or heavy feelings in your chest.
- ☒ Rapid, shallow breathing.
- ☒ Spike in heart rate.
- ☒ Upset or odd stomach feeling.
- ☒ Clenching your jaw, grinding your teeth.
- ☒ Making fists.
- ☒ Tunnel vision.
- ☒ Sudden changes in body temperature (intensely hot or getting cold chills).

Behavioral Signs:

- ☒ Pacing, fidgeting, restlessness, inability to sit still.
- ☒ Withdrawing from conversations, abruptly leaving others, isolating.
- ☒ Loud voice, speaking faster than usual, or becoming completely silent.
- ☒ Snapping at people over minor things.