

## What is causing you the most stress at the moment?

Describe in as much detail as possible.			
Vhat symptoms have y	ou experienced?		
Anger / Frustration	Anxiety	Decreased Sex Drive	Drug or Alcohol Use
Fatigue	Headaches	Indigestion	Muscle Tension
Nail Biting	Over or Under Eating	Procrastination	Sleep Difficulties
Social Withdrawal	Teeth Grinding	Worry	Other
HOW DOES YOUR STRESS EFFECT YOU IN YOUR DAILY LIFE?			