

Warning Signs of Stress

| | Yes | No |
|---|--------------------------|--------------------------|
| Do you feel a loss of energy or interest in life? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel tired or exhausted much of the time? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel out of control with unusual emotions or actions? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you feel tense, nervous, or anxious much of the time? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you lack interest in people or things that used to be pleasurable? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you becoming more isolated? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you taking/using more sleeping pills, medications, alcohol, caffeine, or cigarettes? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you having increased health problems: for example, high blood pressure, headaches, ulcers, upset stomach, or other difficulties with digestion? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have sleep problems, such as difficulty falling asleep at night, awakening early, or sleeping excessively? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you having appetite changes? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have problems with concentration or memory? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you increasingly irritable or lack patience with others? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have feelings of helplessness or hopelessness? | <input type="checkbox"/> | <input type="checkbox"/> |
| Are you neglecting to provide care to the patient for whom you care? | <input type="checkbox"/> | <input type="checkbox"/> |
| Do you have thoughts of suicide? | <input type="checkbox"/> | <input type="checkbox"/> |

A “yes” answer to one or two of these questions can indicate stress that has become destructive, and should prompt you to discuss your feelings with your doctor or nurse.