

# Caregiver Stress Assessment

Are you experiencing any of these symptoms of stress? Check all that apply to you.

- Headaches
- Irritability
- Fatigue
- Forgetfulness
- Trouble sleeping
- Poor concentration
- Weight change
- Low productivity
- Stomach upsets
- Neck & shoulder tightness
- Negative attitude
- Fear and worry
- Confusion
- Mood swings
- Weariness
- Crying spells
- Boredom
- Feelings of isolation
- High blood pressure
- Increased use of alcohol & drugs

If so, how are you coping with your stress? Check all that apply to you.

- Deep breathing
- Accepting help
- Time management
- Meditation
- Respite care to get breaks
- Exercising
- Humor
- Rewarding myself
- Staying in touch with friends
- Setting limits
- Joining a support group
- Seeing a therapist
- Engaging in my favorite activities
- Listening to music
- Reading a book
- Journaling
- Going for walks
- Muscle relaxation
- Cooking healthy meals
- Using aroma therapy