

Growing Up Stressed



What causes stress for you?

<input type="checkbox"/>	Friends, peer pressure, teasing, bullying	<input type="checkbox"/>	Relationships with parents
<input type="checkbox"/>	Expectations	<input type="checkbox"/>	Dating
<input type="checkbox"/>	Responsibilities	<input type="checkbox"/>	Appearance/self-esteem
<input type="checkbox"/>	Tests, homework	<input type="checkbox"/>	Divorce/separation
<input type="checkbox"/>	Time pressure	<input type="checkbox"/>	Employment
<input type="checkbox"/>	Lack of money	<input type="checkbox"/>	Language barriers
<input type="checkbox"/>	Transportation	<input type="checkbox"/>	Abuse/violence
<input type="checkbox"/>	Sexual orientation	<input type="checkbox"/>	Other:

What are your physical symptoms?

<input type="checkbox"/>	Changes in appetite	<input type="checkbox"/>	Sleep difficulties
<input type="checkbox"/>	Backache	<input type="checkbox"/>	Muscle tension
<input type="checkbox"/>	Constant restlessness	<input type="checkbox"/>	Sweating
<input type="checkbox"/>	Indigestion	<input type="checkbox"/>	Dry mouth or throat
<input type="checkbox"/>	Fatigue	<input type="checkbox"/>	Pronounced heart beat
<input type="checkbox"/>	Colds/flu's	<input type="checkbox"/>	Ulcers
<input type="checkbox"/>	Headaches	<input type="checkbox"/>	Other:



What are your emotional symptoms?

<input type="checkbox"/>	Feeling mentally drained	<input type="checkbox"/>	Increased indecision
<input type="checkbox"/>	Feeling tense	<input type="checkbox"/>	Lack of ability to feel enjoyment
<input type="checkbox"/>	Increased irritability	<input type="checkbox"/>	Crying
<input type="checkbox"/>	Fear of failure	<input type="checkbox"/>	Feeling angry
<input type="checkbox"/>	Pessimistic	<input type="checkbox"/>	Feeling helpless/hopeless
<input type="checkbox"/>	Feeling anxious/worried	<input type="checkbox"/>	Other:
<input type="checkbox"/>	Feeling sad or depressed	<input type="checkbox"/>	

What are your behavioural symptoms?

<input type="checkbox"/>	Increased smoking, alcohol, drug use	<input type="checkbox"/>	Withdrawal from people
<input type="checkbox"/>	Backache	<input type="checkbox"/>	Accident proneness
<input type="checkbox"/>	Absent mindedness	<input type="checkbox"/>	Uncalled for aggression
<input type="checkbox"/>	Inability to relax	<input type="checkbox"/>	Insomnia
<input type="checkbox"/>	Impatient	<input type="checkbox"/>	Boredom
<input type="checkbox"/>	Reduced humour	<input type="checkbox"/>	Other:

