

Rodger Ruge Resilience Coach

Stress-Related Complaints Worksheet

Please use the following ratings for each of the stress related physical symptoms listed below. You can send your results to RodgerRuge@protonmail.com for a complementary analysis!

- 0 = Not applicable / not experienced
- 1 = Hardly noticeable, can totally live with it no problem
- 2 = Mildly disturbing, has your attention periodically throughout the day
- 3 = Irritating – always in the back of your mind, affecting quality of life
- 4 = More intense – Normal function significantly reduced
- 5 = Incapacitating – cannot function

Rate the conditions in the "Past" column for ANYTIME you experienced them in the past.

Rate the conditions in the “now” column for the last two of weeks.

Leave the + 1 month and +6 months boxes empty. They are included so you can track the effectiveness of your resilience self-care practices in reducing and/or eliminating your physical symptoms over time.

CONDITIONS	PAST	NOW	+ 1 Month	+ 6 Months
Tension Headache				
Muscle Cramps or Spasms				
Back Pain				
Neck and/or Shoulder Pain				
Jaw Tension (Bruxism)				
Chronic Body Pain				
Migraine Headache				
Raynaud’s Syndrome				
Cold Hands and/or Feet				
High Blood Pressure				
Skin Problems				
Allergies				
Asthma				
Arthritis				
Stomach Pain				
Digestive Disorders				
Diarrhea and/or Irritable Bowel				
Frequent Colds or flus				
Infectious Diseases				
Cancer				
Metabolic Syndrome / Dysfunction				
Hypoglycemia / Hypothyroidism				
Irregular Heartbeat / Arrhythmia				

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Insomnia / Irregular Sleep Pattern				
Fatigue				
Breathing Irregularities				
Profuse Sweating				
Overeating and/or Carvings				
Alcohol and/or Drug Abuse				
Sexual Dysfunction				
Anxiety				
Depression				
Emotional Instability				
Irritability				
Fears and Phobias				
Learning Disabilities				
Living In The Past and/or Future				
Brain Fog / Forgetfulness				
Clumsiness, Accident Prone				
Loss of concentration / Focus				
Memory Problems				
Poor Performance (for skill level)				

All the above are symptoms either directly caused by stress (most) or significantly exacerbated by stress. The Center For Disease Control (CDC) estimates that the as many as 90% of all conditions treated by a primary care physician are **directly caused by stress!**

The body, mind and spirit are constantly giving us messages, feedback that helps us build awareness about how stress is impacting us. A integral part of any Resilience Practices includes developing our ability to listen and interpret the signals (messages) being experienced by our bodies as physical illness, injury and disease issues.

As you apply new resilience self-care strategies, or increase current self-care practices, you should see improvement in each of the areas you are experiencing. Keep in mind that many of these symptoms may require working with a licensed medical professional and we strongly encourage you to seek that professional guidance.

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