

## Unit VIII Stress Symptom Chart

	Date:			Date:			Date:			Date:			Date:		
Time of Day	Lunch	Dinner	Bed	Lunch	Dinner	Bed	Lunch	Dinner	Bed	Lunch	Dinner	Bed	Lunch	Dinner	Bed
Anxiety															
Depression															
Irritability															
Hostility															
Muscle Tension															
Headache															
Neckache															
Backache															
Indigestion															
Sleeping Difficulties															
Fatigue															
Cold Hands and Feet															