symptoms of stress

21-day tracker

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
hostility																		
irritability																		
phobias																		
obsessions																		
headaches																		
backaches																		
irritable bowel																		
constipation																		
muscle spasms																		
insomnia																		
depression																		
withdrawal																		
anger																		
resentment																		
fears																		
neck aches																		
indigestion																		
ulcers																		
diarrhea																		
nervous tics																		
physical weakness																		
low self-esteem																		
drinking/ drug use																		
other																		