

STRESS INTENSITY SCALE



Panic attack or severe stress-related pain like headaches, fatigue, blood pressure or digestion issues

High stress that's preventing you from functioning and difficult to come down from

High stress that's significantly limiting your function and difficult to come down from

Moderate stress that's limiting your function and takes a while to come down from

Moderate stress that's noticeable affecting your function and takes a while to come down from

Moderate stress that's starting to affect your function and takes a while to come down from

Moderate stress that takes a while to calm down from

Moderate stress that's easy to calm down from

Some stress that's easy to calm down from

Barely noticeable stress

STRESS-SCORE TRACKER

What	Indicator	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Physical								
Physical								
Physical								
Mental								
Mental								
Mental								
Social								
Social								
Social								
Score	Lowest							
Score	Highest							
Score	Average of the day							