

Figure 1.2: Assessing Long-Term Effects of Chronic Stress

Physical Symptoms	<input type="checkbox"/> Fatigue <input type="checkbox"/> Migraines <input type="checkbox"/> Chronic pain <input type="checkbox"/> Insomnia <input type="checkbox"/> Digestive issues <input type="checkbox"/> Overeating or undereating <input type="checkbox"/> Weight loss or gain
Mental Health	<input type="checkbox"/> Irritability <input type="checkbox"/> Anxiety <input type="checkbox"/> Impulsive decision making <input type="checkbox"/> Memory problems <input type="checkbox"/> Burnout <input type="checkbox"/> Mood changes
Behavioral Changes	<input type="checkbox"/> Increased substance use (alcohol, tobacco, and so on) <input type="checkbox"/> Isolation <input type="checkbox"/> Avoidance of responsibilities <input type="checkbox"/> Increased conflicts <input type="checkbox"/> Difficulty prioritizing <input type="checkbox"/> Lack of time management
Cognitive Impact	<input type="checkbox"/> Nonstop worrying <input type="checkbox"/> Negative self-talk <input type="checkbox"/> Decreased problem-solving abilities <input type="checkbox"/> Heightened sensitivity to feedback <input type="checkbox"/> Inability to, or lack of desire to, engage in professional growth activities
Health Issues	<input type="checkbox"/> Increased frequency of sickness <input type="checkbox"/> High blood pressure <input type="checkbox"/> Chronic conditions