

COMMON PHYSICAL SYMPTOMS CHECKLIST

From the workbook
*Understanding how we
respond to illness*



Physical symptoms
common during stress
and anxiety

Check here if
you notice this
symptom

Physical symptoms
common during low
mood and depression

Check here
if you notice
this symptom

Loss of appetite.

Reduced or increased appetite
(comfort eating). Weight loss or
gain (as a result of comfort eating
and underactivity).

Reduced concentration.

Reduced concentration.

Tiredness and low energy.

Tiredness and low energy,
especially in the morning.

Problems falling asleep or staying
asleep.

Sleep problems are common in
depression. You may awaken
earlier than normal and not be able
to fall asleep again.

Pain— with tension headaches,
stomach pain, eye strain or chest
pain. Muscle tension/shakiness.

Pain is common in depression—
especially pain that is worse in the
mornings, and which is unaffected
by painkillers.

Dizzy/fuzzy headed or cut-off from
things.

Dizzy/fuzzy headed or cut-off from
things.

Anxiety about sex and avoidance of
sex as a result.

Reduced libido/sex drive.

Butterflies, loose bowels, sickness,
churning stomach, going to the
bathroom frequently.

Constipation.

Restless and tense. Rapid heartbeat/
palpitations. Sweaty, clammy, shaky.
Dry mouth. Shallow, rapid breathing.

You may feel physically tense or
restless. You feel physically and
mentally at your worst first thing in
the morning.

Key symptoms: Going over
problems again and again in your
mind without resolving them. Feeling
physically tense and on edge and
wanting to escape. Starting to avoid
doing things, or situations, people or
places that increase anxiety.

Key symptoms: Low mood and
no enjoyment/pleasure or sense of
achievement in things. Reduced
levels of activity. A huge sense of
relief to do less and less.