Do you often feel overwhelmed or unable to manage your responsibilities and daily tasks?

1. "Yes, I feel like I have too much on my plate and can't keep up with everything I need to do."
2. "I often feel like I'm drowning in tasks."
3. "I can't handle all the responsibilities."
4. "It's like I'm drowning in a sea of to-do lists."
5. "Every day is a battle to keep my head above water."
6. "I can barely remember what I ate for breakfast, let alone finish all the things I need to do."
7. "It's like there's not enough hours in the day."
8. "Simple tasks feel like climbing Mount Everest."
9. "I'm constantly stressed out, and I can't shake this feeling of being buried alive."
10. " I feel like I'm drowning."
11. "There's too much to do."
12. "I don't know where to start / I don't know how to start."
13. "I can't handle everything."
14. "I'm constantly feeling panicked and anxious about everything."
15. "Even small tasks seem impossible."
16. "I can't focus."
17. "I keep getting distracted, and nothing gets done."
18. "I'm just busy. I'll figure it out."
19. "I have headaches, trouble sleeping, and no appetite."
20. "The stress is changing my body."

Do you experience frequent headaches, muscle tension, or other physical symptoms related to stress?

1. "Yes, I get headaches often and my shoulders and neck are always tense."
2. "I have frequent muscle tension."
3. "I feel physically ill due to the stress I'm under."
4. "I've got it."
5. "It's like my body is a constant battleground."
6. "My head feels like it's in a vice grip, and my neck and shoulders are so tight, it's like I'm carrying the world on them."
7. "I get these shooting pains down my back, too."
8. "It's exhausting."
9. "I can barely relax because my body is always tense."
10. "I've tried everything from massages to hot baths, but nothing seems to help for long."
11. " I have constant headaches and muscle pain."
12. " It feels like my muscles are always tense."
13. " My body is constantly aching."
14. " I have trouble sleeping, and I'm always tired, even though I get enough rest."
15. " My stomach is a mess. I have frequent indigestion, constipation, or diarrhea."
16. " Physical symptoms are making it hard to concentrate and function."
17. " I'm always on edge, and my muscles are tight."
18. " I've tried everything to relieve the pain."
19. " I don’t know how to describe it."

Have you noticed changes in your eating habits, such as eating too much or too little due to stress?

1. "Yes, I tend to eat more when I'm stressed, often snacking or eating comfort foods."
2. "I’ve been eating less lately because I’m too anxious to feel hungry or have the energy to cook."
3. "My eating habits are a total mess right now."
4. "Sometimes, stress just makes me lose my appetite completely."
5. "I forget to eat, or I'm just not hungry. Other times, it's like I'm constantly craving something."
6. "I find myself snacking all day, and I can't stop reaching for junk food."
7. "It's like food is my only comfort, but it's a vicious cycle because I feel even worse about myself afterwards."
8. "I've gained weight, and I hate the way I look, which just adds to the stress."
9. " I find myself turning to food for comfort."
10. " Stress completely kills my appetite."
11. " I forget to eat or just don't feel hungry at all."
12. "I’m not hungry to eat."
13. " I have uncontrollable urges to eat large amounts of food."
14. " I'm trying to fill an emotional void."
15. " I feel guilty about my eating habits."
16. " I can't stop myself."
17. " I haven't really paid attention to my eating habits."
18. "I’m not considering about my meals."

Do you find it difficult to relax or unwind, even when you have time to yourself?

1. "Yes, I can't seem to unwind or relax, even when I try to take a break."
2. "I struggle to relax because my mind is always racing with things I need to do."
3. "It feels like my brain is in constant overdrive."
4. "Even when I'm alone, my mind is racing with worries and to-do lists."
5. "I try to meditate or read a book, but my thoughts keep pulling me back to work or whatever is stressing me out."
6. "It's like my body is physically tense, even when I'm trying to rest."
7. "I feel like a pressure cooker about to explode."
8. " My mind never stops racing, even when I'm trying to relax."
9. " There's a list to do playing on repeat."
10. " The tension in my body."
11. " It's hard to let go."
12. " Feel guilty for relaxing."
13. " Can't quiet my mind."
14. " I wake up feeling exhausted and feeling stressed."
15. "I like to be alone."
16. " Short breaks feel like a lot."

Have you been feeling more irritable, anxious, or emotionally unstable than usual?

1. "Yes, I find myself getting irritated easily."
2. "I’m feeling more anxious than I usually do."
3. " I’ve been feeling emotionally unstable."
4. "I’m having mood swings that I can't seem to control."
5. "That's putting it mildly."
6. "I'm on edge all the time."
7. "Everything seems to annoy me, and I snap at people for no reason."
8. "My mind is racing with worries, and I can't shake this feeling of dread."
9. "I'm calm, and the next, I'm bursting into tears."
10. "I don't even recognize myself anymore."
11. "It's like I'm living on a rollercoaster, and I can't get off."
12. " I feel like I'm on edge all the time, and even small things set me off."
13. " Worried about everything."
14. " My mind with negative thoughts."
15. "Can’t to be relax."
16. " Put people away because I'm on edge."
17. " It's hard to focus."
18. " I can't stay on one task."