

## APPENDIX H. Self-Monitoring Checklist

Developed by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration, this checklist is a useful tool for measuring stress levels during and following a public health emergency. Check off anything that pertains to feelings, thoughts, or behaviors in the last 24–48 hours. Experiencing a few of these symptoms may not be a problem, but experiencing several from each category may indicate the need to reduce stress.

### BEHAVIORAL

- I am more or less active than normal.
- I am not as effective or efficient as usual.
- People do not seem to understand what I am trying to say.
- I feel irritable or angry all the time.
- I cannot seem to rest, relax, or calm down.
- I am eating a lot more/less than usual.
- I have trouble sleeping/am sleeping too much.
- I cry a lot or feel like crying all the time.
- I am drinking or smoking more than I usually do.

### PHYSICAL

- My heart seems to beat fast all the time.
- I have an upset stomach, nausea, or diarrhea more often than normal.
- I have been gaining/losing a lot of weight.
- I perspire more than normal or often have chills.
- I have been having headaches.
- I have sore or aching muscles.
- My eyes are more sensitive to light.
- I have lower back pain.
- I feel there is a “lump in my throat” all the time.
- I jump at loud noises or when people come up behind me.
- I sleep okay, but I am still tired.
- I cannot get rid of this cold/I feel I am coming down with the flu.
- My allergies, asthma, arthritis, or other chronic health condition(s) have been bothering me more than usual.

### PSYCHOLOGICAL/EMOTIONAL

- I have been on a natural high/an adrenaline rush for days.
- I often feel anxious or fearful.
- I cannot keep my mind on my work.
- I feel sad, moody, or depressed.
- I have been having disturbing dreams.
- I feel guilty about what the survivors are going through.
- I feel overwhelmed, helpless, or hopeless.
- I feel isolated, lost, or alone.
- No one seems to understand or appreciate me.

### COGNITIVE

- I am having trouble remembering things.
- I get confused easily.
- I cannot figure things out as quickly as I usually do.
- I keep making mistakes or cannot make decisions well.
- I have trouble concentrating.
- I cannot quit thinking about the disaster or incident.

### SOCIAL

- I do not want to be around people.
- I do not want to listen to people.
- Trying to work with the group seems like a waste.
- I do not like to ask for help.
- People seem so slow or unresponsive.

### REFERENCE

Carter, N.C. (2001, draft). *Stress management handbook for disaster response and crisis response personnel*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, U.S. Department of Health and Human Services.