

HOW STRESSED ARE YOU?

To determine your level of stress please answer the following questions as honestly as you can by ticking the appropriate box.

Scores	Never 0	Rarely 1	Sometimes 2	Often 3	Always 4
I feel exhausted					
I am obsessive about hygiene					
I am worried I may have a breakdown					
I can't stop obsessive thoughts					
I cry easily and feel emotional					
I eat irregularly					
I feel dizzy, faint or far away					
I feel I can't cope					
I feel irritable					
I feel lethargic					
I feel life is worthless					
I feel pessimistic about most things					
I feel physically run down					
I feel pressurised all the time					
I feel short of breath					
I feel something bad may happen					
I feel tense and nervous					
I feel tension in my neck & shoulders					
I get lots of headaches					
I have constant niggling pains					

I have difficulty concentrating					
I have no friends and don't socialise					
I have no interest in sex					
I have palpitations & panic attacks					
I have sudden feelings of fear					
I have trouble sleeping					
I lack confidence					
I smoke and drink too much					
I suffer from upset stomachs					
I take drugs to help me through the day					
TOTALS					

RESULTS

- **Under 20 points.** You seem to be showing no signs of stress. No action needed.
- **20 – 30** Mild stress. You need to look at what is causing you the stress and rectify it.
- **31 - 40** Moderate stress. This could be beginning to affect your health long term and you would be advised to pay some serious attention to what is causing you the stress.
- **41 – 60** Above average stress. You need to both look at what is causing you the stress and do something about it, as well as having a health check-up and monitoring your long-term stress plans.
- **61 – 80** High stress. There is something wrong with your lifestyle and you need to do something about it immediately. The stress you are encountering is simply too high.
- **More than 80 points** Very high stress. If you do not take prompt and effective action you may be at risk of serious illness from such high stress levels. Do something about it now!

(Taken from Relaxation, Richard Craze, Hodder & Stoughton, 1998)

