



## A Quick Questionnaire on Stress: -

If you think you might be stressed, try this quick stress test to see how you rate and if you might need to consider moderating your lifestyle to reduce your stressors.

	Often	Sometimes	Rarely
1. Do you find that you are easily irritable?			
2. Do you lose your temper easily?			
3. Do you suffer from tension headaches?			
4. Do you feel tired and have no energy?			
5. Are you physically tense?			
6. Do you feel you can't see the wood from the trees?			
7. Do you feel very dissatisfied with your home life?			
8. Do you feel very dissatisfied with your work?			
9. Are your relationships with people strained and difficult?			
10. Have you stopped smiling much?			
11. Do you worry?			
12. Are you unable to relax?			
13. Do you feel you lack confidence?			
14. Do you think you don't feel good about yourself as a person?			
15. Do you feel you can't express your feelings to anyone?			
16. Do you find situations overwhelming?			
17. Do you find difficulty in coping with life?			



If you answered 'always' to each question, then score 2. If you answered 'sometimes', then score 1 and if you answered 'rarely or never', score 0. Total your score and look at the interpretation below. It might help give you some pointers and direct you for further information.

## 0-10

You are probably not particularly stressed, likely to be coping well with one or two particular situations or just not aware of much stress in your life at the moment. Keep up the good work but try to make sure you get enough time to yourself as well as any commitments you may have.

## 11- 20

You are likely to be moderately stressed suggesting that there may be some difficult situations you are experiencing at the moment. If you feel you are handling these quite well or you can see the light at the end of the tunnel, then pat yourself on the back and just try and learn from anything you have used that has helped you handle this time well. If you have recognised you are stressed, then decide what you feel able to do about it. If there is anything you can change in your life, set yourself some goals to target these areas and try to tackle the one thing that is causing you the most angst. Alternatively, look at my website for some ideas about how to moderate your stress factors.

## 21- 30

The questionnaire is indicating that you are experiencing a significant level of stress at this time. If you have not been aware of this, then try to consider that this information has helped you 'see' the situation better and determine that you will seek some advice about reducing your stress levels or moderating your lifestyle. If you have been aware of the stress you've been under, set yourself a target for how long you will put up with this and determine if there is anything at all you can do to improve the situation for yourself. If you need advice, look through at my website or consider talking to someone outside of your immediate situation that can help you get some perspective and support you better.