

How Stressed Are You?

Fill out this quick questionnaire to find your 'stress value'

Most of us can manage varying amounts of pressure without feeling stressed. However too much pressure, often created by our own thinking patterns and life experiences can overstretch our ability to cope.

Think about your feelings and thoughts over the last month. Answer all questions below, but just tick one box - either yes or no. A 'yes' tick = 1 point. **Be completely honest with your answers.**



		Yes	No
1	I frequently bring work home at night		
2	There are not enough hours in the day to do all the things I have to do		
3	I deny or ignore problems in the hope that they will go away		
4	I feel like I have to do all the jobs myself to make sure they are done properly		
5	I feel like the difficulties in my work / life are piling up so high I cannot overcome them		
6	My self-confidence / self-esteem is lower than I would like it to be		
7	I frequently have feelings of guilt if I relax and do nothing		
8	I find myself thinking about problems even when I am supposed to be relaxing		
9	I feel fatigued or tired even when I wake up after a restful sleep		
10	I have a tendency to eat, talk and walk quickly		
11	I often feel irritated or angry if the car or traffic in front seems to be going too slowly		
12	I become frustrated if I have to wait in a queue		
13	I experience mood swings		
14	I have difficulty making decisions		
15	I have trouble concentrating and my memory seems to be impaired		
16	My sex drive is lower than it used to be		
17	I find myself grinding my teeth		
18	I often experience muscular aches and pains especially in the neck, head and shoulders		
19	I find I have a greater dependency on alcohol, caffeine or nicotine		
20	I don't have time for interests / hobbies outside of work		
21	I constantly have feelings of being nervous, anxious or on edge		
22	My appetite has changed - I either binge, over-eat or don't eat much at all		

4 points or less: You are least likely to suffer from stress-related illness. Congratulations – you are in control of your health!

5 - 11 points: You are more likely to experience stress-related ill health either mentally, physically or both. You need to take steps, whatever they may be, to re-gain control of the amount of stress in your life.

12 points or more: You are the most prone to stress, and are showing many characteristics of un-healthy behaviours. This means that you are also more likely to experience increasing stress levels & stress-related illnesses. It is important to take some action to reduce, change or modify your life.

If reducing your aches and pains would eliminate one source of your stress, please let us know. We're happy to help.