

DETERMINING YOUR STRESS LEVEL

To evaluate your level of stress and to help you identify changes that you need to make, circle the number under the appropriate response to each question. Use the following guidelines in making your decisions:

- Rarely – Almost never
- Sometimes – Once or twice each week
- Often – Four or more times each week

How frequently do you:

		<u>Rarely</u>	<u>Sometimes</u>	<u>Often</u>
1	Experience one or more of the symptoms of excess stress such as tension pain in the neck or shoulders, or headaches?	1	3	5
2	Find it difficult to concentrate on what you are doing because of deadlines or other tasks that must be completed?	1	3	5
3	Become irritable when you have to wait in line or get caught in a traffic jam?	1	3	5
4	Eat, drink or smoke in an attempt to relax and/or relieve tension?	1	3	5
5	Worry about your work or other deadlines at night and/or on weekends?	1	3	5
6	Wake up in the night thinking about all the things you must do the next day?	1	3	5
7	Feel impatient at the slowness with which many events take place?	1	3	5
8	Find yourself short of time to complete everything that needs to take place?	1	3	5
9	Become upset because things have not gone your way?	1	3	5
10	Tend to lose your temper and get irritable?	1	3	5
11	Wake up in the night and have a hard time getting back to sleep?	1	3	5
12	Drive over the speed limit?	1	3	5
13	Interrupt people while they are talking or complete their sentences for them?	1	3	5
14	Forget about appointments and/or lose objects or forget where you put them?	1	3	5
15	Take on too many responsibilities?	1	3	5
	Add up the numbers that you circled			

Enter your total score here.....
Evaluate your score according to the following criteria:

- Potential level of stress:**
- Low < 35
 - Moderate 35 – 42
 - High 43 -50
 - Very high >50