

Assess Your Stress Questionnaire

Rate concerns that apply to you.

0 – Never/Not a problem, 1 – Sometimes, 2 – Often, 3 – Very Often

- 1 I don't have enough time to get everything done _____
- 2 I am an emotional eater _____
- 3 I get distracted by irrelevant things _____
- 4 I have too many worries in my life _____
- 5 I shop to fight stress _____
- 6 I am dissatisfied with my life _____
- 7 I try too hard to please others _____
- 8 I feel overwhelmed _____
- 9 I forget important things _____
- 10 I procrastinate and can't get motivated _____
- 11 I hate my job _____
- 12 My family get on my nerves _____
- 13 I wake up feeling tired _____
- 14 I make stupid mistakes _____
- 15 I drink more than I should _____
- 16 I say and do things that I later regret _____
- 17 I am painfully shy _____
- 18 I don't like my looks _____
- 19 I am unhappy about my weight _____

- 20 I don't feel appreciated by significant people in my life _____
- 21 I wish my family were more caring _____
- 22 There is too little fun in my life _____
- 23 I feel like an outsider even with those I know well _____
- 24 I don't have much of a sex life _____
- 25 I have difficulty falling or staying asleep _____
- 26 I dread parties and other social events _____
- 27 I have aches and pains in different parts of my body _____
- 28 I have episodes of high anxiety _____
- 29 I feel tired for no reason _____
- 30 I've been told that I'm difficult to deal with _____
- 31 I don't feel productive _____
- 32 It's hard for me to relax _____
- 33 I have trouble making decisions _____
- 34 I have been asked to cut back on my drinking/drug use _____
- 35 It's harder to do things that used to be simple for me _____
- 36 I need a few drinks to be able to relax _____
- 37 I feel lonely _____
- 38 I am irritable _____
- 39 I just want to be left alone _____
- 40 I feel the weight of the world on my shoulders _____
- 41 I don't enjoy activities that used to be pleasurable for _____

me

42 I feel empty

43 I don't have much to look forward to

44 I feel sad

45 I feel trapped

46 I cry for no reason

47 I have racing thoughts

48 I feel like a failure

49 I see little purpose or meaning in my life

50 My moods go up and down

Total:

- Score 0–55

You are doing quite well. Keep up the good work! Take a look at those concerns that you do have, and try to nip in the bud any potential of them growing any bigger.

- Score 45–75

No reason for a major concern, but you may consider paying more attention to your physical and emotional needs.

- Score 75 or above

Your stress may be catching up with you. Consider printing the results of your test to show it to your doctor, or seeing a Mental Health professional. You may benefit from professional help.

What you can do to minimize your stress:

- Get sufficient amounts of good sleep, adequate nutrition and physical activity.

- Sleep deprived or malnourished people are seldom happy; regular activity has known anti-depressant properties.
- Make time for and nurture your relationships with family and friends. Attend to your spiritual needs.
- Find a hobby; invest your energy, time and money in leisure and entertainment. These are enjoyable ways of recharging your batteries in addition to mental health treatment.

Work on changing your thinking and behaviors:

- Be generous with praise and compliments: they are the easiest and quickest ways of building good will and a cooperative spirit between you and others.
- Express your needs and wishes in an open, direct and polite manner. That includes saying no.
- Be more forgiving with yourself and others. Mistakes are inevitable. The most constructive way of dealing with them is using them as learning experiences. Accept your limitations. Don't try to be everything to everybody.
- Pick your fights carefully.
- If you're trying to lose weight, be realistic and practical with your weight loss goals. You are more likely to keep off the weight lost at a speed of 0.5-1 lb/week.
- Gather with your family around a dinner table, turn the TV off and unplug the phone. Talk with each other.
- Get a pet. Pets are among the best anti-depressant and stress-relieving tools known to modern Medicine.
- Reward yourself with little things that make you feel good; expand the scope of these things beyond eating and shopping.
- Live within your financial means. Spending money that you don't have to buy things you don't need in order to impress people you don't like is not conducive to good mental health.
- Surround yourself with warm caring people. Stay away from those who leave you feeling drained and depressed.
- Know when to seek mental health treatment.

This questionnaire is designed for adults. It is not meant to replace a professional assessment.

