

How stressed are you?

Score yourself with the following to each question:

0 = Never 1 = Almost Never 2 = Sometimes 3 = Fairly often 4 = Very Often

In the last month, how often have you:

- 1) Been upset because of something that happened unexpectedly?
- 2) Felt that you were unable to control the important things in your life?
- 3) Felt nervous and "stressed"?
- 4) Felt unsure about your ability to handle your personal problems?
- 5) Felt that things weren't going your way?
- 6) Found that you could not cope with all the things that you had to do?
- 7) Been unable to control irritations in your life?
- 8) Felt that you weren't on top of things?
- 9) Been angered because of things that were outside of your control?
- 10) Felt difficulties were piling up so high that you could not overcome them?

Total Score: _____

Score:

0-10 Below average— Congratulations, you seem to be handling life's stressors well at the moment.

11– 14 Average—your life is far from stress-free so now is the time to learn how to reduce your stress to healthier levels. Prevention is way better than cure.

15-18 Medium-high—you may not realize how much stress is already affecting your mood, productivity, and relationships.

19+ High—you're experiencing high levels of stress. The higher your score, the more damage stress is doing to your mind, body, and behaviour.

NEXT STEP: If you have scored 15 or over you should be looking at accessing some form of support by either, talking to a friend or family member in the first instance, seeking advice from a health professional or accessing some form of support service such as- EAP (Employee Assistance Program)

PH 0800 284 678.

This questionnaire is not intended to replace professional diagnosis.
Adapted from: Perceived Stress Scale - Sheldon Cohen