**FREE STRESS TEST**

Because everyone reacts to stress in their own way, no one stress test can give you a complete diagnosis of your stress levels. This stress test is intended to give you an overview only. It is not intended as a substitute for professional medical or psychological care. If in doubt, always consult your medical practitioner or stress consultant.

Look at the list on the next page and tick the box that applies to you. Answer yes, even if only part of a question applies to you. Take your time, but please be totally honest with your answers.

When you’ve done, add up the number of ‘yes’ answers you gave.

Put the number here: \_\_\_\_\_\_\_\_\_\_\_\_

If you have:

**4 ‘yes’ answers, or less:** You have no need to worry about being prone to stress. You are in the group least likely to suffer from stress-related illness.

**5 - 13 ‘yes’ answers:** You are prone to some of the negative effects of stress, which leaves you open to stress-related illness. Find out what action you can take to help yourself, or you may benefit from stress control/management training or therapy.

**14 or more ‘yes’ answers:** You are the most prone to the negative effects of stress. You are more open to serious stress-related illness and you should take urgent action. Your GP can check out physical symptoms and offer treatment if it’s appropriate. And a professional Stress Manager can give you all the skills you need to help yourself, putting you back in control.

Questions

1. I frequently work at home at night, on work which I have brought home.

2. I feel that there are just not enough hours in the day to do all of the things that I must do.

3. I can frequently feel impatient with the speed at which events take place.

4. At times I can have an extreme reluctance to go to work.

5. I try to fit more and more tasks into less and less time, resulting in me not allowing time for any problems that may arise.

6. I feel that there are too many deadlines in my work / life that are difficult to meet.

7. My self-confidence / self-esteem is lower than it used to be.

8. I can frequently have a vaguely guilty feeling if I relax and do nothing, even for short periods of time.

9. I find myself thinking about problems to do with my personal / business / professional life, even when I am supposed to be engaged in recreational pursuits.

10. I can have a feeling of intense fatigue, even when I wake after sleep.

11. I can / do find myself finishing other people’s sentences for them.

12. I have a tendency to eat, talk, move and walk quickly.

13. My appetite has altered, either to a desire to go on a binge, or a loss of appetite.

14. I find myself becoming irritated / angry if the car or traffic in front of me seems to me to be going too slowly / I become very frustrated at having to wait in a queue.

15. I can feel anger and resentment at nothing in particular, or a feeling that something is missing, but I don’t know what.

16. I’m aware that I try to get other people to hurry up / get on with it.

17. At times I feel depressed, tearful, irritable, all-over tension, short tempered, I suffer unusual clumsiness, my concentration / memory is impaired, or I experience excessive perspiration.

18. I find that if I have to do repetitive tasks, I become impatient.

19. I can seem to be listening to other people’s conversation, even though I am in fact preoccupied with my own thoughts.

20. My sex drive is lower, or I feel sexually unsatisfied.

21. I find myself grinding my teeth, especially if I am stressed or feeling impatient.

22. I seem to have an increase in aches and pains, especially in the neck, head, jaw, lower back, shoulders, and chest. For women: Menstrual cycles are erratic.

23. At times I am unable to perform work or tasks as well as I used to, or I feel my judgement is clouded / not as good as it was.

24. I find I have a greater dependency on alcohol, caffeine, nicotine or drugs (whether prescription or not).

25. I find that I don’t have time for many interests / hobbies outside of work.