

## STRESS ASSESSMENT

This questionnaire rates your current level of Stress. It measures your stress level at any particular time. Stress levels vary depending upon what is happening in your environment and your internal response to situations and events.

Tick the number that corresponds to your current experience of that symptom.

	10	9	8	7	6	5	4	3	2	1	
1. Tense											Relaxed
2. Withdrawn											Sociable
3. Irritable											Calm
4. Emotionally cold											Able to display warm feelings
5. Keep things to yourself											Communicating with others
6. Sad											Happy
7. Physically inactive											Physically active
8. Uninvolved with family											Involved with family
9. Disinterested in others											More interested in others
10. Poor sleep											Good sleep
11. No motivation											Highly motivated
12. No help around the house											Very helpful around the house
13. Bad company											Good company
14. Poor sexual relationship											Good sexual relationship
15. Remote/in own world											Many interests
16. Many physical problems											No/few physical problems
17. Poor concentration											Good concentration
18. Intolerant of others											Tolerant of others
19. Impatient with others											Patient with others
20. Prefers to stay at home											Enjoys going out socially
21. Aggressive feelings											Control of anger

This scale is based on your experience. Your interpretation of what 10 is will be different to someone else's. There are no right or wrong ways to use this scale.

Different people have different baselines-in other words, individuals experience habitual levels of tension as a result of personal history and lifestyle. If your baseline average is a 7 on a day to day basis, you have much less room to manoeuvre under stress than if it is a 3. Techniques to help you lower your stress, and reduce your baseline will help you have some flexibility to cope with unexpected situation.