

## STRESS SELF-ASSESSMENT

*“Three-quarters of Americans experience symptoms related to stress in a given month:*

- *77% experience physical symptoms*
- *73% experience psychological symptoms*
- *One-third of Americans feel they are living with extreme stress”*

American Psychological Association study, 2007

Everyone experiences stress. It affects our physical, mental, emotional and spiritual health. Not all stress is from a negative life event; some of the happiest times in our life can be stressful. Focusing on coping skills will help reduce the negative effects of stress.

**Please read each statement carefully. Answer "Yes" if the statement applies to you and "No" if it does not.**

- |   |     |    |
|---|-----|----|
| 1. I have recently experienced significant changes in my life.                              | YES | NO |
| 2. I often feel confused, overwhelmed or swamped.   | YES | NO |
| 3. I have physical symptoms of stress such as headaches, digestive problems and/or fatigue. | YES | NO |
| 4. I have difficulty accepting the things I can't control.                                  | YES | NO |
| 5. I struggle to manage the pressures at work.  | YES | NO |
| 6. Lately I feel wound up, nervous and tense.   | YES | NO |
| 7. I'm often irritable and/or angry.  | YES | NO |
| 8. I have difficulty concentrating, remembering or making decisions.                        | YES | NO |
| 9. I can't count on family and friends for support.   | YES | NO |
| 10. I rarely make time to do something <i>just for me</i> .                                 | YES | NO |

**Give each "Yes" 1 point (each "No" gets 0 points).**

**TOTAL SCORE:** \_\_\_\_\_

### SCORE:

- 0-2 *You are likely coping effectively with the stressors in your life. If you find that your ability to cope is decreasing, contact Workplace Solutions for confidential guidance and support.*
- 3-5 *You may be showing significant signs of stress. Contact Workplace Solutions to learn coping skills to effectively manage stress in your life.*
- 6-10 *You are having significant difficulty coping with the stress in your life. Contact Workplace Solutions to gain coping skills and restore balance in your life.*

## HELPFUL LINKS:

- American Psychological Association  
<http://www.apa.org/helpcenter/>
- MedlinePlus  
<http://www.nlm.nih.gov/medlineplus/stress.html>
- Stress in Today's Workplace  
<http://www.cdc.gov/niosh/docs/99-101/>

## RECOMMENDED READING:

- *The Relaxation and Stress Reduction Workbook* by Martha Davis, Matthew McKay & Elizabeth Eshelman Robbins (2008)
- *A Mindfulness-Based Stress Reduction Workbook* by Bob Stahl (2010)
- *It's Not the End of the World: Developing Resilience in Times of Change* by Joan Z. Borysenko (2009)