

Stress Self-Assessment

“75 to 90 percent of all physician office visits are for stress-related ailments and complaints.”

American Psychological Association

Stress is something that impacts all of us in various ways. It affects our physical, mental, emotional and spiritual health. Forty-three percent of all adults suffer adverse health effects from stress. 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.

- | | | |
|---|------------|-----------|
| 1. I have recently experienced significant changes in my personal or work life. | Yes | No |
| 2. I often feel confused, overwhelmed or swamped. | Yes | No |
| 3. I have increased physical symptoms of stress such as headaches digestive problems and/or fatigue | Yes | No |
| 4. I feel unable to control important things in my life. | Yes | No |
| 5. At work, I have little control over how I do my job. | Yes | No |
| 6. Lately I feel all wound up, nervous and tense. | Yes | No |
| 7. Stresses in my life make me irritable and/or angry. | Yes | No |
| 8. I have difficulty concentrating, making decisions or remembering things. | Yes | No |
| 9. I do not have a support network of family and friends | Yes | No |
| 10. I rarely make time to do something I enjoy ‘just for me’ during an average week. | Yes | No |

Scoring your self assessment

Total Score _____

Yes = 1

No = 0

Score:Score

- 0-2 You are currently able to cope effectively with the stressors you experience in your life. If you find that your stress increases or you have concerns over how stress is affecting you physically or emotionally, contact your EAP.
- 3-5 You may be showing significant signs of stress. The intention of this self-assessment is to re-awaken your interest in how stress is impacting you. There are numerous ways to live a stress-reduced life-style. Contact your EAP to discuss coping mechanisms or for assistance with those areas in your life that are causing you stress.
- 6-10 Stressors in your life may be making you feel overwhelmed or hopeless. Contact your EAP immediately to speak with someone about your problems and get assistance in balancing your life again.

Helpful Links:

[National Institute for Health](#)

[American Psychological Association](#)

[American Academy of Family Physicians](#)

Recommended Reading

Davis, Martha; McKay, Matthew; & Robbins Eshelman, Elizabeth. (2000). [The Relaxation and Stress Reduction Workbook](#). New Harbinger Publications.

Gendlin, Eugene. (1982). [Focusing](#). Bantam.

Wilson, Paul. (1999). [Instant Calm: Over 100 Easy-To-Use Techniques for Relaxing Mind and Body](#). Plume Books.

For Confidential Assistance

800-327-5071

Or contact us online