

QUICK STRESS TEST

Because everyone reacts to stress in his or her own unique way, no one stress test can give you all the answers to your stress levels. This stress test is intended to give you an **overview** only. Please either contact me, or see a Stress Management Consultant in your local area for a more in depth analysis.

Answer **all** the questions but only tick one box that most closely applies to how you are now, either yes or no. Answer yes, even if only a part of the question applies to you. Be honest with yourself when answering to help get the most accurate feedback:

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		
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 I would like it to be		
8	I frequently have guilty feelings if I relax and do nothing		
9	I find myself thinking about problems even when I am supposed to be relaxing		
10	I feel fatigued or tired even when I wake after an adequate sleep		
11	I often nod or finish other peoples sentences for them when they speak slowly		
12	I have a tendency to eat, talk, walk and drive quickly		
13	My appetite has changed, have either a desire to binge or have a loss of appetite / may skip meals		
14	I feel irritated or angry if the car or traffic in front seems to be going too slowly/ I become very frustrated at having to wait in a queue		
15	If something or someone really annoys me I will bottle up my feelings		
16	When I play sport or games, I really try to win whoever I play		
17	I experience mood swings, difficulty making decisions, concentration and memory is impaired		
18	I find fault and criticize others rather than praising, even if it is deserved		
19	I seem to be listening even though I am preoccupied with my own thoughts		
20	My sex drive is lower, can experience changes to menstrual cycle		
21	I find myself grinding my teeth		
22	Increase in muscular aches and pains especially in the neck, head, lower back, shoulders		
23	I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
24	I find I have a greater dependency on alcohol, caffeine, nicotine or drugs		
25	I find that I don't have time for many interests / hobbies outside of work		
A yes answer score = 1 (one), and a no answer score = 0 (zero).		TOTALS	
Now call and book your free 20 minute phone session to discuss your results and see how I can help on 01372 462 040			

Jenny Edwards is a Stress Management Consultant, Trainer & Performance Coach working in Esher, Surrey, UK. Face to face, phone and email sessions are available. Go to www.solutions4stress.co.uk for further details, or call on **01372 462 040** for your free 20minute session to discuss your results and see how Jenny can help you.

Jenny Edwards: RGN. CHP. DABCH. Dip Stress Mgt. MISMA. MAC.

This questionnaire is NOT a substitute for medical advice, nor should it be used to make your own diagnosis as to whether you are suffering from a stress related illness. If you have any concerns please seek professional medical advice.