

Stress Questionnaire

(Please don't stress over this!)

Stress levels vary from person to person and time to time. This **questionnaire is meant as a helpful little guide, not a full blown stress manual!** Please answer **all** the questions either **yes or no**. Answer yes, even if only part of a question applies to you. Take your time, but please be completely honest with your answers:

Question	Yes or No
1. I often do more work at home than I have to.	
2. There are not enough hours in the day to do all the things that I must do.	
3. I check out all that my teachers tell me to make sure it is correct.	
4. I feel that there are too many deadlines in my work/life that are difficult to meet.	
5. I frequently have guilty feelings if I relax and do nothing.	
6. I find myself thinking about problems even when I am supposed to be relaxing.	
7. I feel fatigued or tired even when I wake after an adequate sleep.	
8. I often nod or finish other people's sentences for them when they speak slowly.	
9. I have a tendency to eat, talk, walk and drive quickly.	
10. My appetite has changed; I have either a desire to binge or have a loss of appetite / may skip meals.	
11. I feel irritated or angry if travelling is taking time/I become very frustrated at having to wait in a queue.	
12. I experience mood swings, difficulty making decisions, concentration and my memory is impaired.	
13. I seem to be listening even though I am preoccupied with my own thoughts.	
14. I find myself grinding my teeth.	
15. I experience increased muscular aches and pains especially in the neck, head, lower back, shoulders.	
16. I am unable to perform tasks as well as I used to; my judgment is clouded or not as good as it was.	
17. I find I have a greater dependency on alcohol, caffeine, nicotine or drugs.	
18. I find that I don't have time for many interests / hobbies outside of college or sixth form.	
A "Yes" answer = 1 (one), and a "No" answer = 0 (zero).	TOTAL

Your score:

Most of us can manage varying amounts of pressure without feeling stressed. However too much or excessive pressure (even from our own thought-patterns) can overstretch our ability to cope and then stress is experienced. Take a "Stressed?" flyer and see how you scored below:

3 points or less: You are least likely to suffer from stress-related illness, but are not immune!

4 - 10 points: You are more likely to experience stress-related ill health, either mental, physical or both. You will benefit from making some changes (see the Tips below).

11 points or more: You are the most prone to stress, showing many traits or characteristics that could cause you problems if you don't do something about it. It is important to make a start and adjust some of your behaviour (see the Tips below).

Don't panic if you have a high score at a time of exams and heavy workload but do keep an eye on yourself. If you seem to be staying stressed maybe you should seek professional help, stress management counselling, or consult your GP. Students in the Christian Union should be able to help you find some amazing help, support and ideas from God's Word, the Bible.

Tips to help improve your score:

Review the questions that you scored with a "Yes":

- See if you can reduce, change or modify this trait.
- Start with the ones that are easiest & most likely to be successful for you.
- Only expect small changes to start with; it takes daily practice to make any change.
- Support from friends, family/colleagues will make the process easier and more enjoyable.
- Professional help is always available & your GP is a good place to start.