

How stressed are you?

Name: _____ Age: _____ Sex: _____

When completing this questionnaire, be as honest as possible: if your answer is "NEVER", mark Option 1; if it is "ALWAYS", mark option 4; and so on.

		NEVER	—————→			ALWAYS
1	I blame myself when things go wrong	1	2	3	4	
2	I bottle up my problems, then feel like I want to explode	1	2	3	4	
3	I concentrate on my work to forget about my personal problems	1	2	3	4	
4	I take out my anger and frustration on those nearest to me	1	2	3	4	
5	I notice negative changes in my behavioural patterns when I am under pressure	1	2	3	4	
6	I focus on the negative rather than the positive aspects of my life	1	2	3	4	
7	I feel uncomfortable when experiencing new situations	1	2	3	4	
8	I feel that the role I play within my organisation is worthless	1	2	3	4	
9	I respond negatively to personal criticism	1	2	3	4	
10	I feel guilty if I sit down or do nothing for an hour	1	2	3	4	
11	I feel rushed, even if I am not under pressure	1	2	3	4	
12	I have insufficient time to read as often as I would like	1	2	3	4	
13	I demand attention or service immediately	1	2	3	4	
14	I avoid expressing my true emotions at work and at home	1	2	3	4	
15	I undertake more tasks than I can handle at once	1	2	3	4	
16	I resist taking advice from colleagues and supervisors	1	2	3	4	
17	I ignore my own professional or physical limitations	1	2	3	4	
18	I miss out on my hobbies and interests because my work takes up all my time	1	2	3	4	
19	I tackle situations before thinking them through thoroughly	1	2	3	4	
20	I am too busy to have lunch with friends and colleagues during the week	1	2	3	4	
21	I put off confronting and resolving difficult situations when they arise	1	2	3	4	
22	People take advantage of me when I do not act assertively	1	2	3	4	

How stressed are you? continued

		NEVER	—————	→	ALWAYS
23	I am embarrassed to say when I am overloaded with work	1	2	3	4
24	I avoid delegating tasks to other people	1	2	3	4
25	I deal with tasks before prioritising my workload	1	2	3	4
26	I find it difficult to say no to requests and demands	1	2	3	4
27	I feel I have to finish all outstanding work each day	1	2	3	4
28	I think I will not be able to cope with my workload	1	2	3	4
29	My fear of failure stops me from taking action	1	2	3	4
30	My work life tends to take priority over my family and home life	1	2	3	4
31	I become impatient if something does not happen	1	2	3	4

Having completed the self-assessment, add your total score and check your stress level. Remember, that however low your stress level may be, there is always room for improvement.

32-64 You manage your stress level very well. Too little stress can reduce stimulation, so strive to achieve the balance between negative and positive stress.

65-95 You have a reasonably safe level of stress, but certain areas need improvement.

96-128 Your stress level is too high. You need to develop new strategies to help reduce it.

Happy with your result? If you're not call **"Ask the Trainer"** and you can talk through some realistic changes that you can add into your daily routine that will make you and your life around you a lot less stressful.