**Stress Awareness Test**

By using a simple stress analysis questionnaire it is possible to check our current levels of stress, and to notice any changes that have occurred by repeating the test at regular intervals.

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| **Instructions**  Score each of the questions below with: 3: For Always  2: For Sometimes 1: For Never  Add your score and write it here \_\_\_\_\_\_\_\_\_  Check the chart below for an indication of your current level of stress. |

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| I am often late for appointments |  |
| Having to queue makes me cross |  |
| Small things irritate me easily |  |
| I pretend problems aren’t there and hope they will go away |  |
| No matter how much sleep I’ve had, I still feel tired |  |
| I am really competitive when it comes to sports or games |  |
| I walk quickly rather than stroll slowly |  |
| I miss meals or eat on the go |  |
| I lie awake at night worrying even though I am tired |  |
| I often underestimate the time taken to do things |  |
| I consume alcohol most days |  |
| I prefer to do jobs myself so I can ensure it is done properly |  |
| It sometimes feels like life controls me and I have no control |  |
| I consider myself a perfectionist |  |
| I try not to count all the problems I have |  |
| I take on many jobs at one time |  |
| I find it hard to make decisions, especially important ones |  |
| I tend to criticise and find fault rather than offer praise |  |
| If people are speaking slowly, I tend to butt in or nod |  |
| I drive faster than I should |  |
| I bottle it up if someone or something annoys me |  |

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| **Stress Awareness Test** |
| ***Your current level of Stress*** |
| 20-30 Fairly laid back  Maybe more challenge might provide greater motivation |
| 31-45 A reasonable balance  Be prepared to adjust when the balance tips |
| 46-60 You are highly susceptible to stress, working hard but not achieving as much as you could  You are “too busy to be stressed” |