

Short Questionnaire to determine how stress is affecting you

Please answer all the questions as honestly as possible.

Tick Yes or No

Part 1: The Mental effects of stress

Do you sometimes have difficulty relaxing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Would you describe yourself as a born worrier?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you always seem to be in a hurry?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever feel like packing it all in and running away?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you find yourself getting frustrated a great deal?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you often wish you had less responsibility?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever suffer from symptoms of panic?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you often become irritated with friends and family?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you need sleeping pills of any sort of medication to cope?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you let others run your life for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Scores		

If you scored 7 to 10 'Yes' points you are extremely susceptible to stress, pressure, anxiety and worry and would benefit from exploring stress management strategies. If you scored 4 to 6 'Yes' points you are less susceptible, however you would benefit from learning how to relax your mind. If you scored 3 or less 'Yes' points you are fairly strong. However you will find that relaxation will be good for you.

Part 2: The Physical effects of stress

When you are angry does your face ever go red?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you sometimes get butterflies in your stomach?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Does your pulse ever race when you are excited?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you get headaches when you are tense?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever develop a rash when you are upset?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you suffer from palpitations?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Have you ever felt faint when fearful?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you ever get diarrhoea on important occasions?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
When you are excited do you ever have difficulty breathing?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Do you let others run your life for you?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Scores		

If you scored 7 to 10 'Yes' points it indicates that your body is particularly susceptible to stress and pressure. If you scored 3 to 6 'Yes' points you have average physical susceptibility to stress. A score of 2 or less 'Yes' points indicates that you are less vulnerable than most individuals to physical problems produced by stress.