

## Am I Stressed?

Stress is more than having a bad day or a tough week at work. Stress is both a physical and emotional response to life's events—big and small.

Read the following statements, recording the indicated numeric score for each response. Base your responses on how you have felt over the past few months.

1. \_\_\_ I feel tense.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Most of the time)
2. \_\_\_ My life feels out of control.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Almost always)
3. \_\_\_ I have problems or conflicts with people at work.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Almost always)
4. \_\_\_ I have problems or conflicts with family members.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Almost always)
5. \_\_\_ I have trouble sleeping.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Almost always)
6. \_\_\_ I feel overwhelmed.  
(1 = Rarely, 2 = Sometimes, 3 = Often, 4 = Most of the time)
7. \_\_\_ I use drugs, alcohol or prescription medication to help me relax or take the edge off.  
(1 = Rarely/never, 2 = Sometimes, 3 = Often, 4 = Frequently)
8. \_\_\_ I am behind at work or school.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Frequently)
9. \_\_\_ I feel depressed.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Most of the time)
10. \_\_\_ I worry about my financial situation.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Most of the time)
11. \_\_\_ I get regular exercise.  
(4 = Almost never, 3 = Sometimes, 2 = Often, 1 = Almost always)
12. \_\_\_ I overeat.  
(1 = Almost never, 2 = Sometimes, 3 = Often, 4 = Almost always)

## Results

Total your score. If your score is:

**0-20 points:** Congratulations! Your score indicates that at present, you are managing the stresses in your life effectively.

**21-31 points:** Your score indicates that although you are experiencing stress, you are managing fairly well. Often, it's a matter of degree. We take on one or two more responsibilities, or an unforeseen event occurs, and life can suddenly feel overwhelming. Finding out more about stress and its effects may help you cope with stress. If you are feeling overwhelmed, talking with a trusted friend, family member or clergy member may help put life in perspective. Or, you can call your Employee Assistance Program (EAP) and talk with a mental health professional.

**32-48 points:** Your score indicates that you are stressed and feeling overwhelmed. Prolonged stress can have serious emotional and physical consequences. When we are overwhelmed by stress we often lose perspective. Anxiety and depression can be triggered by prolonged stress. Talking with a trusted friend, family member or clergy member often helps; however, your score indicates that you may need professional mental health help as well. Contacting your Employee Assistance Program (EAP) is a good place to start.

**Sources:** “Psychological Responses to Stress.” *J Psychiatr Nursing*, 1975 Sep-Oct;13(5):20-3; *Margin: Restoring Physical, Financial, and Time Reserves to Overloaded Lives* by Richard A. Swenson. NavPress, 1992; *The Good News About Depression* by Mark S. Gold. Bantam Books, 1995.

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