

## STRESS TEST

Rate how the below statements apply to you by ticking the relevant boxes	NOT AT ALL	SOMETIMES	OFTEN	ALWAYS
I find it hard to focus on completing tasks				
I feel angry, irritable, frustrated for no apparent reason				
I feel anxious for no apparent reason				
I find it hard to fall and stay asleep				
I have trouble relaxing				
I experience fast heartbeat, or tight chest, or dizziness nausea, or tingling sensation in fingers, or headaches and migraines				
I feel as though something bad is about to happen				
I find it difficult to motivate myself and tend to procrastinate				
I feel overwhelmed and unable to cope				
I feel drained and tired				
<b>Total TICKS per column</b>				
<b>calculate points by multiplying each tick by</b>	<b>x 0</b>	<b>x 1</b>	<b>x 2</b>	<b>x 3</b>
<b>Total POINTS per column</b>				
<b>TOTAL OVERALL POINTS</b>				

### HOW HIGH IS YOUR STRESS?

**0-10 points**    **no to low stress levels**  
*no cause for concern*

**11-20 points**    **medium stress levels**  
*Keep an eye on your stresses, start relaxation exercises to avoid chronic high stress levels*

**21-30 points**    **high stress levels**  
*Cause for concern! Particularly if these high levels continue over longer periods of time. This can result in chronic stress leading to severe mental health problems such as anxiety and depression. It can also lead to physical conditions such as heart disease, diabetes and low immune system. Consult a mental and physical health professional for stress reduction advice*