

## How stressed are you?

Stress is the body's response to various emotional or physical demands. It is not always bad, in fact a certain degree of stress is needed in our lives. It keeps us motivated, increases our energy levels, and improves our concentration and ability to meet demands

Try to base your answers on a normal week. 0=Never, 1=rarely, 2=sometimes, 3=often

1. I get upset by trivial things
2. I over-react to situations
3. I find it difficult to relax
4. I get upset rather easily
5. I feel like I use a lot of nervous energy
6. I get impatient whenever I'm delayed (eg elevators, traffic, waiting to be served)
7. I can't tolerate anything that keeps me from getting on with what I'm doing
8. I feel sensitive and touchy
9. I find it hard to wind down
10. I feel really irritable
11. I find it hard to calm down when something upsets me
12. I can't tolerate being interrupted
13. I feel like I am in a state of nervous tension
14. I feel agitated

### RESULTS

- 0-14 Normal Stress levels
- 15-18 Mild Stress levels
- 19-25 Moderate Stress levels
- 26-33 Severe Stress levels
- 34+ Extremely Severe Stress levels

Useful tools to help cope with stress include:

- Exercise and stretching
- Deep breathing
- Meditation and yoga
- Reading and listening to music
- A healthy diet
- Professional guidance
- Mini breaks
- Hobbies
- socialising