

# RECOGNIZE SIGNS OF STRESS

*To assess the extent to which stress is affecting your health, think back over the past month. Read each of the statements below and decide, question by question, which score best describes your present physical and emotional state.*

## Scoring

Constantly 4 ■ Frequently 3 ■ Sometimes 2 ■ Rarely 1 ■ Never 0

- |   |                          |   |   |
|---|--------------------------|---|---|
| 1 I get sudden feelings of fear and panic.  | <input type="checkbox"/> | 16 I cannot "turn off" certain worrying thoughts.                             | <input type="checkbox"/>                    |
| 2 I feel tense, nervous, or wound up.   | <input type="checkbox"/> | 17 I have lost interest in sexual activity.                                   | <input type="checkbox"/>                    |
| 3 I am troubled by difficulty in going to sleep, staying asleep or awaking early. | <input type="checkbox"/> | 18 I get palpitations or a sensation of butterflies in my stomach or chest.   | <input type="checkbox"/>                    |
| 4 I worry something awful may happen.   | <input type="checkbox"/> | 19 I lack confidence in myself.   | <input type="checkbox"/>                    |
| 5 I feel irritable, edgy, and bad tempered.                                       | <input type="checkbox"/> | 20 I worry that I will not be able to cope.                                   | <input type="checkbox"/>                    |
| 6 I have irregular eating patterns and either eat too much or too little.         | <input type="checkbox"/> | 21 I get headaches or migraines.  | <input type="checkbox"/>                    |
| 7 I smoke or drink too much, or take tranquilizers or other drugs.                | <input type="checkbox"/> | 22 I feel life is not worth living.   | <input type="checkbox"/>                    |
| 8 I suffer from an upset stomach, diarrhea or constipation.                       | <input type="checkbox"/> | 23 I feel pessimistic about the future.                                       | <input type="checkbox"/>                    |
| 9 I have difficulty with concentration, memory, or making decisions.              | <input type="checkbox"/> | 24 I feel under pressure.   | <input type="checkbox"/>                    |
| 10 I feel exhausted and tired.  | <input type="checkbox"/> | 25 I am obsessive about certain issues such as illness, cleanliness, or food. | <input type="checkbox"/>                    |
| 11 I feel apathetic- nothing matters.   | <input type="checkbox"/> | 26 I get aches and pains that worry me.                                       | <input type="checkbox"/>                    |
| 12 I worry that I will lose control, "break down" or become ill.                  | <input type="checkbox"/> | 27 I feel very emotional and cry easily.                                      | <input type="checkbox"/>                    |
| 13 *I feel short of breath even when resting.                                     | <input type="checkbox"/> | 28 I feel physically run down.  | <input type="checkbox"/>                    |
| 14 I get tightness in my chest, neck or head.                                     | <input type="checkbox"/> | 29 I feel dizzy, remote, unreal, or faint.                                    | <input type="checkbox"/>                    |
| 15 I avoid worrisome situations.  | <input type="checkbox"/> | 30 I put off seeing friends and have no interest in hobbies.                  | <input type="checkbox"/>                    |
|   |                          |   | <b>TOTAL SCORE</b> <input type="checkbox"/> |

## INTERPRETATION

### Over 40 High Stress

You seem to be suffering from many symptoms of stress. Look at the short-term solutions and then tackle the sources.

### 20-40 Moderate Stress

You appear to be fairly stressed. Look at the possible sources of your stress and aim to improve your coping skills.

### Below 20 Low Stress

You do not show signs of suffering from significant symptoms of stress. Beware of the problems of too little stress.

**Please consult *Free Yourself from Harmful Stress* by Trevor Powell in the event that you score high on any assessment, in order to begin the necessary healing steps outlined in the publication.**