

Stress Assessment

1. There are many people in my life making demands on my time and energy.
2. I am always in a hurry and I'm often running late.
3. I'm quick to notice loud noises and they irritate me a lot.
4. I'm often caught off guard by events and demands.
5. I often feel that I have no control over what is happening to me.
6. I usually keep my feelings to myself; it's more important to get on with the job at hand.
7. When someone else is talking, I try to hurry the conversation along. I sometimes finish sentences for others.
8. I get impatient when I see something being done more slowly than I think it can be done.
9. I get very irritable if I am delayed or have to wait. I hate lineups and slow drivers.
10. I do one or all of the following often; fiddle with my hair, scratch, touch my nose, shake my legs, tap my foot or doodle.
11. I like to be busy. I always carry something to do. If nothing is planned for the evening or the weekend, I take work home.
12. I am competitive by nature. People who know me well think of me as a hard driving individual.
13. I can stay alert and suppressed fatigue long after most other people I know have packed it in.
14. I thrive on deadlines. I like to work at maximum speed and will do anything to make a delivery.
15. I'd rather have the admiration of my friends and coworkers than their affection.
16. I rarely have any time to myself.
17. I know I should exercise more and eat better, but I don't have time.
18. When I'm under stress, I often have a cramp or a headache. Other times I felt nauseated, dizzy or faint, or broken out in a rash.
19. I have trouble going to sleep. I can't turn off my mind after a busy day.
20. I eat quickly, and I often eat and read at the same time. On workdays, I either eat at my desk or skip lunch altogether. Sometimes I get indigestion.

(If you say yes to more than 11 statements you may be experiencing the negative effects of high levels of stress)

Stress Assessment

Conditions for which stress management and de-stressing are recommended:

- Fatigue/low energy
- Low mood/depression
- Sleep issues/sleep debt
- Anger management
- Weight loss
- High stress lifestyle
- Hormones imbalance
- Immune improvement
- Increased life fulfillment
- Increased inner peace
- Life work balance
- Improved life quality
- Cardiovascular risk factors
- Infertility
- Healthy aging

Signs and Symptoms of Stress

Body

- Fatigue/sleep problems
- Grinding/grinding teeth
- Light headedness/dizziness
- Heartburn/stomach pain
- Constipation/diarrhea

Mood:

- Lack of motivation
- Difficulty concentrating/racing thoughts
- Memory problems/forgetfulness
- Irritability
- Feeling overwhelmed

Behaviour:

- Angry outbursts
- Isolation
- Difficulty making decisions
- Over or under eating
- Frequent use of over the counter drugs
- Drug or alcohol abuse
- Impulse buying or excessive gambling
- Relationship difficulties