

PART ONE
Are you suffering from stress symptoms?

Circle your answers

Psychological symptoms

1. Do you suffer from excessive mental tiredness
2. Do you get confused easily and feel as if you can't think straight.
3. Do you find it hard to concentrate
4. Do you find making decisions difficult
5. Do you feel depressed
6. do you become easily frustrated
7. Have you lost your sense of humour
8. Do you find yourself becoming more forgetful

Emotional Symptoms

1. Do you suffer from Nightmares
2. Are you irritable often
3. Do you have angry outbursts
4. Are you cynical all the time
5. Do you suffer from anxiety or panic attacks
6. Do you cry often over nothing in particular
7. Do you feel isolated
8. Are you defensive and over sensitive

Physical Symptoms

1. Do you get sweaty palms
2. Do you have difficulty sleeping or wake up frequently during the night
3. Do you suffer from frequent headaches
4. Do you get palpitations
5. Do you suffer from tummy upsets often
6. Do you suffer from muscle aches and pains
7. Do you get a dry mouth
8. Do you experience dizzy spells

Behavioural Symptoms

1. Do you regularly pull your hair
2. Do you carry out any obsessive behaviour such as excessive hand washing?
3. Have you recently developed any phobias
4. Do you avoid social situations
5. Do you have any eating problems such as over eating or loss of appetite?
6. Do you drink alcohol or smoke to excess
7. Do you often wring your hands together

If you ticked several of the symptoms in any of the above areas, then you may be showing signs that stress is having an effect on your life and you need to do something about it now.

Write down any other symptoms you experience

PART TWO

The causes of your stress – Where is your stress coming from?

(This list and scoring is based on research carried out in 1967 by Holmes and Rahe)

Circle the scores of the recent events in your life and then total up your score.

Death of partner	100
Accident or Trauma	45
Divorce or separation	75
Changes at work/ more demands	35
Major illness or injury	70
Outstanding personal achievement	35
Loss of a job	70
caring for an elderly or sick relative or friend	35
Imprisonment or conviction	70
problems with family etc	35
Death of someone else	60
Financial worries	35
Marital reconciliation	60
Examinations or speaking in public	30
Retirement	60
Changes in social activities	30
Illness or injury in close family	50
Changes in recreational activities	30
Marriage or moving in with partner	50
Children moving away from home	30
Moving home or major renovation	50
PMT or menopause	30
Pregnancy	45
Starting a new relationship	30
Escalation of arguments with partner	45
Going on holiday	20
Debt	45
Family gatherings	20
Changing jobs or new jobs	45
Total	

Score results:

Over 280 – High vulnerability to a stress related illness.

130 – 280 – Moderate vulnerability

Below 130 – Low vulnerability

Write down anything else which you feel causes you stress

PART THREE
Your Personality – Are you more likely to get stressed?

Answer all questions by placing a tick in one of the column which most applies to you.
 Then using the numbers next to the heading, total up your score.
 i.e. 5 ticks in the always column would add up to $5 \times 5 = 25$

	Always (5)	Usually (4)	Sometimes (3)	Rarely (2)	Never (1)
Do you find it hard to delegate?					
Do you move your hands around when you talk?					
Do you get impatient easily?					
Are you ambitious?					
Is work your whole life, no hobbies etc					
Do you eat quickly?					
Do you lose your temper when frustrated?					
Do you hate to lose?					
Do you hide your feelings?					
Do you tap your fingers on the desk?					
Do you finish other people's sentences?					
Are you a slave driver?					
Do you do more than one thing at once?					
Do you like do things quickly?					
Do you hate being late?					
Do you crave appreciation for your work?					
Do you speak quickly?					
Do you feel rushed all the time?					
Do you interrupt others?					
Are you always thinking ahead?					

Score over 80

Classic type A personality, you need to try and change to prevent health problems.

Score 65 - 80

Moderate type A - Slow down and don't try to push yourself too hard.

Score 56 - 64

Mixed A/B - you have a good balance and as long as this balance remains you have the right mix.

Score 40 - 55

More type B than A - You are less likely to suffer from stress

Score below 40

Laid Back personality - maybe a little too much. Make sure you have goals in your life and you strive for them.

Write down any other of your personality traits

PART FOUR

How do you react to stress?

(Adapted from the book Managing Stress – Everything you need to know)

Circle the answer which most closely represents how you would react.

Question 11	If you found yourself rushing around trying to do too many things, how would you feel?
A	Overwhelmed
B	I'd comfort eat
C	Devise an over complicated plan of action for my tasks, but would not stick to it for long.
D	Try to cut back on what I undertook in future
Question 12.	If you woke up with an irritating cold would you?
A	Stay at home and look after your cold
B	Take medicine and go into work
C	Exercise to try and sweat the cold out
D	Worry about letting other things slide while you are ill and letting down others
Question 13.	How would you handle a problem with a personal relationship
A	Ignore it
B	Talk it through straight away
C	Get depressed and blame self
D	Talk through problems calmly about specific problems and try to find a solution.
Question 14	If you were complained about at work and reprimanded verbally by your boss, how would you feel
A	I'd feel upset and angry and would worry about it for days.
B	Wouldn't overly worry
C	Be apologetic but very upset underneath
D	I would feel angry but would not worry about it but would be more cautious about my own behaviour in the future.
Question 15.	If you had to give a speech the next day, how would you feel
A	Nervous but excited
B	Nauseous and probably try to calm nerves with alcohol or comfort food
C	Go over speech again and again and again
D	Be nervous but would put it to the back of mind.

Transfer your Answers here by circling your answers. Then total up how many answers you had in each column.

This will give you an indication of how you currently react to stress in your life.

	IGNORE	REACT	ATTACK	MANAGE
Q.11	A	B	C	D
Q.12	B	D	C	A
Q.13	A	C	B	D
Q.14	B	C	A	D
Q.15	D	B	C	A
Totals				

More answers in the:

IGNORE COLUMN – You try to ignore any stress and hope that it will go away. Ignoring stress can help in some cases but not managing your stress could allow it to build up and cause illness to occur later on.

REACT COLUMN - If you tend to react to stress you are likely to try to cope with stress with destructive techniques such as over eating or drinking. You are also likely to worry about things obsessively. Other coping strategies should be developed before you cause yourself more harm.

ATTACK COLUMN - You try to meet your stressors head on, trying to get rid of them completely even when this is not actually possible. This can work in some instances, but it is important that you are aware that you cannot solve and get rid of all causes of stress and should find ways to cushion the effects of unavoidable stress.

MANAGE COLUMN - You try to manage your stress, in which case you already are pretty good at coping with stress in your life? However cultivating other stress relief techniques will help you during times of excess stress.

PART FIVE

What are your current coping strategies?

Circle your answers

When feeling stressed do you?

- Bite your nails
- Drink alcohol
- Over eat
- Smoke to calm you down
- Hide under the duvet
- Take drugs
- Take prescribed medication for your stress
- Become argue mental
- Cry
- Listen to music
- Go out for a walk
- Play with pets
- Watch a favourite film
- Have a relaxing bath

Write down any other coping strategies you have for coping with stress.