

Stress Self-Assessment

Answer the following questions honestly. The more yes answers you tally, the greater the likelihood that stress is a problem.

Signs of stress in your personal, home, family life:

In the past 12 months have you experienced any of the following events?

- Death of a close family member
- Death of a close friend
- Divorce, marital separation or the end of a long term relationship
- Reunited with a spouse or significant other
- Gotten married
- Change in the number of arguments you've had with your spouse or significant other
- Close family member experiencing injury or diagnosed with a chronically illness
- Addition to your family either by birth or adoption
- Change in the number of family gatherings (either more or fewer)
- Returned to or finished school
- Had a serious argument with a close friend
- Had a significant change in your financial status
- Moved from where you lived
- Assumed a new mortgage or loan
- Experienced and outstanding personal achievement

Signs of stress at work:

In the past 12 months have you experienced any of the following events?

- Been laid off or fired from a job
- Your significant other been fired or laid off
- Changed jobs
- Changed careers
- Get a promotion, reassignment or change in responsibilities
- Has your significant other had a job change?
- Get a new boss
- Missed work because you felt overwhelmed
- Conflict with your boss or co-worker
- Your office relocating

Other signs of stress:

In the past 12 months have you experienced any of the following events?

- A major personal injury or been diagnosed chronically ill
- Become pregnant
- Quit or started smoking
- Using alcohol or other drugs more frequently
- Change in eating or sleeping habits
- Becoming more forgetful
- Have difficulty concentrating

Contact us for further information.

Adapted from Performance Resource Press