

STRESSWORX

positive solutions for peace of mind

Individual Stress Profile

How stressed are you? Tick the boxes below as honestly as you can..

Do you....	All of the time	Most of the time	Some of the time	Rarely	Never
Feel upset and moody?					
Get migraines/headaches?					
Find it hard to concentrate?					
Sleep badly?					
Avoid your friends?					
Get irritated easily?					
Feel anxious?					
Take time off work?					
Feel fed up?					
Think that things are all your fault?					
Feel tired?					
Feel physically sick and wound up?					
Eat too much?					
Lose your appetite?					
Get annoyed with those close to you?					
Feel that life is pointless?					
Feel that you just can't cope?					
Get angry easily?					
Feel isolated/lonely?					
Feel worthless?					
Smoke/drink too much?					

Feel nervous?					
Keep your problems a secret?					
Argue with friend/family/colleagues?					
Find it hard to make decisions?					
Feel frightened?					
Feel tearful often?					
Feel you need anti depressants?					
Get Muscle aches and pains?					
Feel sad for no particular reason?					
Feel sad for an identified reason e.g. loss					
Have a nervous stomach?					
Have IBS?					
Bite your nails/thumb suck etc?					
Get rashes?					
Have a lump in your throat?					
Feel that your hands are sweating?					
Forget things?					
Find yourself clenching your fists?					
Have nightmares/bad dreams?					
Have trouble sleeping?					
Other symptoms?					

If the majority of your ticks are in the first three columns then you are probably experiencing an unhealthy level of stress in your life.....