

# Stress Test

This following test will help you assess your own stress levels and indicate particular areas that may need attention. The higher your total score, the more likely you are to need specific help to manage stress more effectively.

Rate each question with a number based on how often you based on the scoring system below and add up the total.

1. Never
2. Almost never
3. Sometimes
4. Fairly often
5. Very often

Question	Score
Feel unable to control how you spend your time?	
Get easily stressed, nervous, or irritated?	
Feel unable to cope with all you have to do?	
Fail to build relaxation into every day?	
Tend to put everyone else first?	
Get too little rest?	
Feel 'drained' by certain people?	
Feel you don't have enough people in your life to support you?	
Lack confidence in your ability to handle challenges?	
Feel unable to say 'No' to unreasonable I requests?	
<b>TOTAL SCORE</b>	

## Your Score

Score	Comment
<b>Under 25</b>	No major problem – probably need to stretch yourself more
<b>25 -30</b>	Take action on specific any High score areas
<b>31-40</b>	Review high areas and take action
<b>40+</b>	It is Important to focus on stress reduction , possibly seeking help from senior staff