



Stress questionnaire

“In a Nutshell”



Answer all the questions but just tick one box that applies to you: either ‘yes’ or ‘no’.

Question	Yes	No
I frequently bring work home at night		
There are not enough hours in the day to do everything I must do		
I ignore problems hoping they will go away		
I do jobs or task myself because it is quicker and it is done properly		
I underestimate how long it takes to do things		
I feel there are too many deadlines in my life		
My self-esteem is lower that I would like it to be		
I feel guilty if you sit down and do nothing		
I think about problems when I am trying to relax		
I always feel fatigued		
I finish off other people sentences when they are trying to speak		
My appetite has changed - have either a desire to binge or have a loss of appetite / may skip meals		
I feel irritated or angry if the car or traffic in front seems to be going too slowly / become very frustrated at having to wait in a queue		
If something or someone really annoys me, I bottle up your feelings		
I am a very competitive person...I always play to win		
I experience mood swings, difficulty making decisions, concentration and memory is impaired		
I find fault and criticise others rather than praising, even if it is deserved		
I seem to be listening even though I am preoccupied with my own thoughts		
I grind your teeth		
My sex drive is lower		

Question	Yes	No
My body seems to have more aches and pains especially in the neck, head, lower back, shoulders		
I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
I find myself depending more on alcohol, caffeine, nicotine or drugs		
Yes answers - score 1 point and No answers - score 0 points	Total	

Your score:

4 points or less	Well done! You are not so likely to suffer stress related illness, but do not forget to continue to look after yourself. Take the Wellbeing Battery test/read the In a Nutshell Battery Filling Suggestions handout and try out some of the suggestions
5 to 13 points	You are more likely to experience stress related illness start to think what else can I do to look after myself? Should I seek support for coping strategies? Consider talking to a friend/booking an appointment via Occupational Health, your manager, refer direct to NOSS (as appropriate to your organisation/company)
14 points or more	You will be experiencing some physical emotional and psychological symptoms of stress e.g. irritable bowel, migraine, back and neck pain, high blood pressure, heart disease/strokes, depression, anxiety and stress. Seek help now.

Most of us can manage varying amounts of pressure without feeling stressed. However too much or excessive pressure, often created by our own thinking patterns and life experiences, can overstretch our ability to cope and then stress is experienced.

Have you been honest with yourself?

Decide what you need to do now you have an awareness of your stress.

If you feel you do not need to alter anything in your life at the moment do not forget that circumstances change and you may want to revisit this list again later (check/review).

If you have a high score do not forget you need to change something in your life or ask for support from a supportive trusted friend or seek professional help.