



Professional Help

Supporting Organisations

Am I stressed?

Tick the statements you agree with. *This is not an exact science* but if you tick more than 5 boxes in column B, and especially if you have more ticks in column B than column A, you may be experiencing symptoms of stress. Consider ways in which you can bring more self-care into your daily life.

A		B	
I eat regular, balanced meals		I often lose my temper when I'm delayed or something unexpected happens	
I get sufficient sleep		I feel tired for no obvious reason	
I have friends and family I can turn to for support		I find it hard to get to sleep, or have broken sleep	
I find it easy to express my feelings		I experience headaches or unexplained pain in my jaw, neck or shoulders	
I do something just for fun, at least once a week		I regularly drink more than the recommended 14 units alcohol / week	
I am able to take quiet time for myself during a normal day		I use prescription or non-prescription drugs as a way to cope with my problems	
I am OK financially		I worry about paying my basic bills	
I generally feel organised and in control of things		I often feel overwhelmed and out of control	
I exercise at least a couple of times a week		I have difficulty concentrating	