

Stress Assessment

Is stress getting to you? Find out how stressed you really are by taking this stress screening assessment. While we all face different kinds of stress, too much stress or continued stress over a long period of time can have serious negative effects on your mental and physical health. Use the results to decide if you need to see a doctor or other mental health professional to further discuss your stress and anxiety levels. Relaxation techniques for relief of stress and anxiety may also be helpful.

Instructions: To see how high (or low) your stress levels are, read over each of the life situations below and select "YES" for all those that apply to you right now or have occurred within the last 12 months and "NO" for those that don't.

- 1) Death of a spouse
 Yes
 No
- 2) Death of a close family member
 Yes
 No
- 3) Death of close friend
 Yes
 No
- 4) Divorce
 Yes
 No
- 5) Marital separation
 Yes
 No
- 6) Marital reconciliation
 Yes
 No
- 7) Marriage
 Yes
 No
- 8) Gain of new family member through birth, adoption, or marriage
 Yes
 No
- 9) Son/daughter leaves home

Yes
No

10) Pregnancy

Yes
No

11) Major personal injury or illness

Yes
No

12) Change in health or behavior of family member

Yes
No

13) Sex difficulties

Yes
No

14) Put in jail or other institution

Yes
No

15) Fired from work

Yes
No

16) Retirement

Yes
No

17) Major business readjustment

Yes
No

18) Change to a different line of work

Yes
No

19) Change in responsibilities

Yes
No

20) Partner begins/stops work

Yes

No

21) Change in working hours or conditions

Yes

No

22) Trouble with boss

Yes

No

23) Change in financial state

Yes

No

24) Taking on a new mortgage

Yes

No

25) Foreclosure on a mortgage or loan

Yes

No

26) Major purchase such as a new car

Yes

No

27) Change in number of arguments with partner

Yes

No

28) Trouble with in-laws

Yes

No

29) Outstanding personal achievement

Yes

No

30) Starting or finishing school

Yes

No

31) Change in living conditions

Yes

No

- 32) Revision of personal habits
Yes
No
- 33) Change in residence
Yes
No
- 34) Change in schools
Yes
No
- 35) Change in recreational habits
Yes
No
- 36) Change in church activities
Yes
No
- 37) Change in social activities
Yes
No
- 38) Change in sleeping habits
Yes
No
- 39) Change in number of family gatherings
Yes
No
- 40) Change in eating habits
Yes
No
- 41) Vacation
Yes
No
- 42) Christmas or holiday observance
Yes
No

43) Minor violation of the law

Yes

No

Scoring the Online Stress Test:

Multiply by 31 your yes answers

- 150 or less (minor stress)
- 150-199 (mild stress)
- 200-299 (moderate stress)
- 300+ (major stress)

It is estimated that 35% of those with a score below 150 will experience an illness or accident within two years, while those with a score between 150 and 300 have a 51% chance, and those with a score over 300 have an 80% chance of a significant illness or accident.

Although you might not be able to control the stressful events in your life, you do have control over your response to them and the effect that they have on your life.

The negative effects of stress can be reduced by such things as getting enough rest, exercise, good nutrition, and taking some time for yourself. But if you're finding life a bit too overwhelming these days, then you may also want to consider talking with a professional, whether it be with a career counselor about job issues, a couples counselor to discuss relationship problems or a psychologist to just talk. It is important to deal with your stress properly as too much stress can negatively impact both your mental and physical health. You can find comprehensive information about anxiety, panic attacks and stress [here](#).

Remember, this is NOT a diagnosis. Only a doctor or qualified mental health professional can make a diagnosis and recommend treatments.