RECOGNIZING STRESS

Your EMOTIONS

☐ Do you feel angry and irritable much of the time?
☐ Do you have dramatic mood swings?
☐ Do you suffer from obsessive thoughts or actions, such as repeated hand washing or constantly checking whether you have left the gas on?
☐ Do you often feel apprehensive or frightened?
☐ Do you suffer from diminished libido?
☐ Do you have feelings of self-loathing or lack of self-worth?
☐ Do you have suicidal thoughts?
☐ Do you find yourself unable to concentrate?
☐ Do you constantly feel guilty?
☐ Do you experience feelings of paranoia?

Your BODY

☐ Do you get aches in your back and shoulders?
☐ Do you suffer from insomnia, nightmares, or simply wake up still feeling tired?
☐ Do you suffer from breathlessness?
☐ Do you suffer from frequent indigestion, constipation or diarrhea?
☐ Do you experience muscle twitches?
☐ Do you constantly feel tired?
☐ Do you suffer from pain or tightness of the chest?
☐ Do you suffer from palpitations or a lump in the throat or stomach?
☐ Have you experienced dramatic changes in you menstrual cycle?
☐ Do you suffer from sweaty or clammy hands?
Your BEHAVIOR

☐ Do you always say ‘yes’ when you are asked to do more, either at work or by friends and family?

☐ Do you rigidly stick to routines?

☐ Do you either clench or unclench your fists &/or clench your jaw &/or grind your teeth?

☐ Do you drink large quantities of either caffeine or alcohol?

☐ Are you too busy to relax?

☐ Do you find it hard to make decisions, and feel increasingly frustrated by this difficulty?

☐ Do you set unrealistic deadlines for yourself?

☐ Do you pick fights with people?

☐ Do you work longer and longer to achieve the same or less?

☐ Have you found either that you are overeating or that you have entirely lost your appetite?

How did you score?

Up to 5 “yes” responses: Your stress quotient is 20

Try to identify the person or problem making you feel anxious, and think of ways in which you can react differently to the pressures – whether to avoid them, confront them or negotiate. Exercise, diet and other forms of physical relaxation could all help at this point.

Up to 10 “yes” responses: Your stress quotient is 40

Time to take more drastic action. It may be that you simply need a holiday. However, if, after a break, you don’t feel dramatically better, it may be time to re-evaluate your needs &/or personal life.

More than 10 “yes” responses: Your stress quotient is 100

Time to seek professional help. You need to change your life-fast-and counseling may help you to do so. Psychological burn-out is a real danger. Call the Employee Assistance Program we can help.