

To manage your stress you need to understand whether you are over-stressed, the first step is to complete this assessment. Each question is scientifically weighted and after answering all of the questions you will be given a score that indicates your relative stress level. On the next page, you will find interpretive notes that tell you whether you need to take action. Answer the questions in the terms of the last twelve months.

**Note: Print this form with your answers and score as you cannot save them**

| For each question select "yes or "no"   | yes/no |
|---|--------|
| 1) Do you live or work in a noisy area?   |        |
| 2) Have you changed your living conditions or moved recently?                         |        |
| 3) Have you had trouble with your partner's family recently?                          |        |
| 4) Do you have you a large mortgage or loans?   |        |
| 5) Do you tend to get behind with things you should do?                               |        |
| 6) Do you found it difficult to concentrate at times?                                 |        |
| 7) Do you frequently had trouble sleeping?  |        |
| 8) Do you eat drink or smoke more than you should?                                    |        |
| 9) Do you watch 3 + hours of TV daily for weeks at a time?                            |        |
| 10) Have you or your spouse changed jobs or responsibilities recently?                |        |
| 11) Are you dissatisfied or unhappy with your work?                                   |        |
| 12) Has a close friend died recently?   |        |
| 13) Are you dissatisfied with your sex life?  |        |
| 14) Are you pregnant or recently given birth?   |        |
| 15) Have you had a recent addition to the family e.g. An elderly relative?            |        |
| 16) Are you worried about financial matters?  |        |
| 17) Is one of the family suffering ill health?  |        |
| 18) Have you taken tranquilisers from time to time?                                   |        |
| 19) Do you find yourself becoming irritated easily?                                   |        |
| 20) Are you experiencing difficulties in relationships-even with those you love most? |        |
| 21) Do you find that you are often edgy with your family members?                     |        |
| 22) Do you tend to feel restless and nervous?   |        |
| 23) Do you have frequent headaches or digestive problems?                             |        |
| 24) Have you experienced anxiety or worry for days at a time?                         |        |
| 25) Have you been preoccupied and forgotten where you have put things?                |        |
| 26) Have you been married or reconciled with your spouse recently?                    |        |
| 27) Have you had a serious accident, illness or surgery in the last year or so?       |        |
| 28) Has anyone in your immediate family died recently?                                |        |
| 29) Have you been divorced or separated recently?                                     |        |
| <b>Your score is:</b>   |        |

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|--|---|
| <p>Many people are unaware that they are experiencing excessive stress. This quick test to help you determine your level of stress.</p> <p>Check your YES answers in the boxes. YES answers are scored as follows:</p> <p>Questions 1-9 have 3 points each<br/>         Questions 10-22 have 4 points each<br/>         Questions 23-27 have 5 points each<br/>         Question 28 has 6 points<br/>         Question 29 has 7 points</p> | 0 |
| You scored:  |   |
| <b>WHAT DOES YOUR SCORE MEAN?</b>  |   |
| 0 – 10 points – You are in great shape congratulations!  |   |
| 11 – 20 points - You have some stress but seem to be handling it well enough – watch out for increases in stressful situations   |   |
| 21 – 35 points – You are entering the danger zone. Try to take some pressure off yourself.   |   |
| 36 – 50 points – You are living under a great amount of stress. You should try to take steps to relieve your stress and try to avoid life changes such as moving and changing jobs.  |   |
| 51 + points – You are under an excessive amount of stress. Avoid taking on additional pressures and seek professional help.  |   |
| 21 – 35 points – A Feet First Therapy appointment could help to relieve the pressures you are under and help avoid stress affecting your life  |   |
| If you score 36+ points then you will benefit from professional help and should seriously consider booking a Feet First Therapy appointment.   |   |