

How stressed are you?

Source: Headington Institute

Please note that this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely identifies some of the more common symptoms of stress. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

Instructions: In the last month, how often has the following been true for you?
For each question, write the number that fits your reality on the line before the question.

0 1 2 3 4
Never / Seldom / Sometimes / Often / Always

- | | |
|---|---|
| _____ 1. I feel tired | _____ 14. I use caffeine or nicotine more than usual |
| _____ 2. I find it very hard to relax or “wind-down” | _____ 15. I feel overwhelmed and helpless |
| _____ 3. I find it hard to make decisions | _____ 16. I have nervous habits (e.g., biting my nails, grinding my teeth, fidgeting, pacing, etc) |
| _____ 4. My heart races and I find myself breathing rapidly | _____ 17. I forget little things (e.g. where I put my keys, people’s names, details discussed during the last work meeting) |
| _____ 5. I have trouble thinking clearly | _____ 18. I have stomach upsets (e.g., nausea, vomiting, diarrhea, constipation, gas) |
| _____ 6. I eat too much or too little | _____ 19. I am irritable and easily annoyed |
| _____ 7. I get headaches | _____ 20. I have mood-swings and feel over-emotional |
| _____ 8. I feel emotionally numb | _____ 21. I find it hard to concentrate |
| _____ 9. I think about my problems over and over again during the day | _____ 22. I have trouble feeling that life is meaningful |
| _____ 10. I have sleeping problems (e.g., trouble falling asleep, trouble staying asleep, trouble waking up, nightmares, etc) | _____ 23. I am withdrawn and feel distant and cut off from other people |
| _____ 11. I have trouble feeling hopeful | _____ 24. I use alcohol and/or other drugs to try and help cope |
| _____ 12. I find myself taking unnecessary risks or engaging in behavior hazardous to health and/or safety. | _____ 25. My work performance has declined and I have trouble completing things |
| _____ 13. I have back and neck pain, or other chronic tension-linked pain | |

TOTAL SCORE: _____

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Interpretation Guidelines

0-25: A score in this range suggests that you're probably in great stress-shape!

26-50: A score in this range suggests that you may be experiencing a low to moderate degree of stress.

51-75: A score in this range suggests you may be experiencing a moderate to high degree of stress.

76-100: A score in this range suggests that you may be experiencing a very high degree of stress.