

## Self-Assessment

### Day-to-Day Stress Self-Assessment Questionnaire

These questions relate to your everyday life. When answering, consider what stress you are experiencing (or will experience) in the short-term.

Do you frequently do any of the following? Check all that apply.

Neglect your diet	
Try to do everything yourself	
Anger easily	
Set unrealistic goals	
Not find the humour in situations others find funny	
Become easily irritated	
Make a “big deal” of things	
Complain that you are disorganized	
Neglect your emotions	
Neglect exercise	
Have few supportive relationships	
Neglect sleep or rest	
Become angry when you are kept waiting	
Ignore signs of stress	
Procrastinate	
Think there is only one right way to do something	
Neglect to build relaxation into every day	
Spend a lot of time complaining about the past	
Race through the day	
Feel unable to cope with all you have to do	
Total:	

Results:

1–6 = Your basic stress level is low and easily managed.

7–12 = You have fairly good stress management on a day-to-day basis.

13–17 = Your basic stress is high and above a comfortable level.

18+ = You have enough factors to put you in distress and should seek help.