

# Mental Health Worksheets Stress Assessment

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## STRESS ASSESSMENT



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The World Health Organization calls stress “The Health Epidemic of the 21<sup>st</sup> Century”. Stress-related illness is the underlying cause of over 70% of all doctor visits.

### So, What is Stress? And How Does it Affect Me?

Stress is the natural reaction your body has when changes or challenges occur. It can result in many different physical, emotional, and behavioral responses. Stress can be positive when keeping you alert and motivated but can become a problem when stressors continue without relief or periods of relaxation.

Everyone experiences stress from time to time. You can't avoid it. But stress management techniques can help you deal with it.

### What Can I Do About It?

First and foremost, we need to take mindful steps to protect our mental health, not add to its burden. That starts with gaining a clearer understanding of what triggers our stress and how we can effectively respond to it. By learning and practicing techniques to manage stressful situations, we can navigate challenges more calmly—and maintain our overall well-being in the process.

### How Can I Take the First Step?

Stress surveys are a simple way to quickly assess and reflect on your current stress levels.

Since everyone experiences stress differently, no single test can provide a complete picture. Instead, this survey offers a general overview. For a deeper understanding, it's always best to consult a stress management professional.

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Answer all questions by Yes or No. Tick one box that applies to you.

Question	Yes	No
Do you think that you are currently stressed?		
Does your job make you stressed?		
Does your home life cause you stress?		
Are you currently dealing with bereavement or a loss of a relationship?		
Are you currently dealing with financial problems?		
Do you find yourself becoming obsessive with people or things?		
Would you say that you are successful in life generally?		
Would you say that your life is very dramatic currently?		
Are you currently dealing with illness, either yours or someone close?		
Would you say you are a perfectionist?		
Would you say that you become very focused on time or lack of it?		
Do you get frequent headaches, indigestion or IBS like symptoms?		
Do you find that you can deal with large problems but find smaller ones much harder to sort out?		
Would you say that you have a current heavy workload?		
Are you currently feeling like you may hit "burn out" in your life?		
Have you recently lost your job, house or gone bankrupt?		

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Question	Yes	No
Have you recently had a child or has a family member moved in with you?		
Do you frequently bring work home at night?		
Do you feel that you don't have enough hours in the day to do all the things that you must do?		
Do you have an increase in muscular aches and pains especially in the neck, head, lower back and shoulders?		
Do you ignore problems in the hope that they will go away?		
Do you find that you have a greater dependency on alcohol, caffeine, nicotine or drugs?		
Do you find that you don't have time for many interests, hobbies outside work?		
Is your sex drive low, or are you experiencing changes to menstrual cycle?		
Do you become very frustrated if you will have to wait in a queue?		
Are you unable to perform tasks as well as you used to?		
Do you seem to be listening even though you are preoccupied with your own thoughts?		
Do you feel your appetite has changed, having either a desire to binge or having a loss of appetite?		
Do you often nod or finish other people sentences for them when they speak slowly?		
Do you feel tired even when you wake up after an adequate sleep, or are you having difficulty in sleeping properly?		

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### Your Score

A Yes answer score =1

A No answer score =0

Most of us can manage varying amounts of pressure without feeling stressed. However, too much or excessive pressure, often created by your own thinking patterns and life experiences can overstretch your ability to cope and then stress is experienced.

### 4 points or less:

**You are least likely to suffer from stress-related illness.**

### 5-13 points:

**You are more likely to experience stress-related health issues, whether mental, physical, or both. Seeking stress management counseling or guidance could be beneficial in addressing these areas.**

### 14 points or more:

**You appear to be highly prone to stress, displaying several traits and behaviors that may be contributing to unhealthy patterns. This increases your risk of experiencing stress-related illnesses, making it important to seek professional help or stress management counseling.**

### Tips to help you better manage and reduce stress

- Review the questions where you answered "yes."
- See if you can reduce, change, or modify these traits.
- Start with the ones that are easiest and most likely to be successful for you.
- Only expect small changes at first—it takes daily practice to make any real change.
- Support from friends, family, and colleagues will make the process easier and more enjoyable.
- Professional help is always available, and therapy is a good place to start.