

Tip sheet

How stressed are you?

About stress

Stress is a normal human reaction to challenges. Good stress (eustress) motivates us and helps us to focus on tasks; it excites us and improves our performance. Too much stress or stress that lasts a long time, causes anxiety (distress). This feels unpleasant, can overwhelm us and decreases our performance.

We all face multiple demands on our time and energy so it's important to switch on our relaxation response to interrupt stressful thoughts and feelings and put the brakes on the things that trigger the physical reactions to the stress response.

Take this test to determine the nature and extent of the stress in your life

| | | Never | Rarely | Sometimes | Often | Always |
|----|--|-------|--------|-----------|-------|--------|
| 1 | I find there are not enough hours in the day to finish everything. | 1 | 2 | 3 | 4 | 5 |
| 2 | I am anxious/nervous about how I am performing at work | 1 | 2 | 3 | 4 | 5 |
| 3 | People don't seem to notice whether I do a good job or not | 1 | 2 | 3 | 4 | 5 |
| 4 | I am tired and feel I don't have the energy to do all I need to get done | 1 | 2 | 3 | 4 | 5 |
| 5 | I am irritable and easily bothered by things people do | 1 | 2 | 3 | 4 | 5 |
| 6 | I worry about things happening in my family (health, relationships etc.) | 1 | 2 | 3 | 4 | 5 |
| 7 | I'm worried about my finances and having enough money to pay the bills | 1 | 2 | 3 | 4 | 5 |
| 8 | I don't have enough time for fun | 1 | 2 | 3 | 4 | 5 |
| 9 | I'm unhappy with my body (looks, weight, fitness) | 1 | 2 | 3 | 4 | 5 |
| 10 | My family and friends count on me to help them with their problems | 1 | 2 | 3 | 4 | 5 |
| 11 | I'm concerned about my current relationships or lack of relationships | 1 | 2 | 3 | 4 | 5 |
| 12 | I'm intolerant / impatient with the weaknesses of others | 1 | 2 | 3 | 4 | 5 |

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| 13 | My home is a mess, and I'm embarrassed to have others visit and see it. | 1 | 2 | 3 | 4 | 5 |
| 14 | I worry about my future and being able to support myself / my family. | 1 | 2 | 3 | 4 | 5 |
| 15 | I find I'm using more substances than usual to relieve my stress | 1 | 2 | 3 | 4 | 5 |

Understanding your score

Total your score then interpret it as follows:

Scores below 30: You're doing a great job but watch out for any 'stress slips'.

Scores 30-45 – Low Level Stress: Look at the areas you scored highest in and work on them.

Scores 46-60 – Moderate Level Stress: Look at the areas you scored 5 and pick 2 to work on.

Scores 61-75 – High Level Stress: Consider calling Vitae Counselling service for some strategies and support to deal with your stress – It's a free and confidential service for you.

Contact

0508 664 981
 assistance@vitae.co.nz
 www.vitae.co.nz