

How **STRESSED** Are You?

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 or type the number that fits your reality in the box before the question, then add up your total.

1 Never 2 Seldom 3 Sometimes 4 Often 5 Always

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| 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 a meeting or class) |
| 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 I am withdrawn and feel distant and cut off from other people |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

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.



**STUDENT
COUNSELING
SERVICES**

life happens.
let's talk about it.