Managing My Stress Level:

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| **Task: assessing your stress level**  Let’s see how stressed you are at the present moment, then we’ll see what we can do about it (if indeed you turn out to be stressed, of course). Answer the following questions. | | | |
| *Possible feelings about stress, and reactions to causes of stress: only tick one column for each factor listed below* | *This is me* | *This is a bit like me* | *This isn’t me at all* |
| 1. I simply feel very stressed! |  | X |  |
| 2 I’m frightened that I may now be stressed. |  | X |  |
| 3 I’m frightened that I may become stressed during my final year. | X |  |  |
| 4 I don’t know what will happen to me if I get stressed. |  |  | X |
| 5 I can’t sleep at night. |  |  | X |
| 6 My heart rate is often abnormally raised. |  |  | X |
| 7 I often suffer from dizziness. |  |  | X |
| 8 I have frequent headaches (not just hangovers!). |  |  | X |
| 9 My vision is blurred for no reason. |  |  | X |
| 10 My neck and shoulders ache continuously. |  |  | X |
| 11. I frequently have skin rashes. |  | X |  |
| 12 My resistance to infection seems very low. |  |  | X |
| 13 I know I am far too irritable. |  |  | X |
| 14 I am smoking a lot. | X |  |  |
| 15 I could be drinking too much alcohol. |  | X |  |
| 16 I just don’t seem to be able to concentrate. |  | X |  |
| 17 I often get strung up by everyday routine situations. |  |  | X |
| 18 I simply haven’t got time for everything. |  | X |  |
| 19 There’s too much change going on around me. |  | X |  |
| 20 I really don’t think I’m up to this final year! |  |  | X |
| 21 There’s just too much going on in my life in general just now, let alone it being my final year! |  | X |  |
| 22 It’s not me, it’s all those other people who stress me! |  |  | X |
| **Column totals** | 6 | 8 | 0 |
| **Grand stress total** | 14 | | |