

How stressed are you?

HOW STRESSED ARE YOU?		TICK THE STATEMENTS THAT APPLY TO YOU	
I feel guilty much of the time		I have a frequent desire to urinate	
I am too busy to relax		I often have a lump in my throat	
It is increasingly difficult for me to concentrate		I often have a dry mouth	
I experience feelings of paranoia		I suffer from breathlessness	
I pick fights with people		I suffer from sweaty and clammy palms	
I find it hard to make decisions and this frustrates me		I suffer from sweaty upper lip and / or feel hot and flushed	
I often tap my feet and /or feel my hands shaking		I suffer from aches and pains in my back and shoulders	
I suffer from flatulence		I often suffer from indigestion	
I often feel restless and or hyperactive		I find I work longer to achieve the same or less	
I often feel frightened and apprehensive		My alcohol consumption is high	
I often have thoughts such as checking that the gas is off and the door is locked		I have difficulty in sleeping	
My sex life is not what it was		I suffer from frequent diarrhoea/ constipation	
I suffer regular headaches/migraines		I over eat/ under eat	
I set myself unrealistic deadlines		I find it difficult to say no when people ask me to do more	
I feel angry or irritable much of the time		I often have nightmares	
I feel faint sometimes		I drink lots of tea/coffee	
I often suffer from nausea		I suffer from palpitations	
I bite my finger nails/ drum my fingers		I like to stick rigidly to a routine	
I often have feelings of self loathing and I lack self worth		I often wake up feeling tired	
I have experienced a dramatic change in my menstrual cycle		I often grind my teeth or clench my jaw or hands	
I suffer from cold hands and feet		I feel constantly tired	
I think of ending my own life		I experience muscles twitches and nervous tics	



Linda Hilditch

THERAPIES

I often have butterflies in my stomach		I suffer from pains in my chest or tightness in my chest	
I frequently suffer from colds and flu (more than twice a year)		I suffer from asthma	
I suffer from dramatic mood swings		I suffer from hypertension	
TOTAL SCORE			

Score one point for each tick:

0-5 NOT VERY STRESSED

6-10 TRY TO CUT DOWN ON STRESSFUL SITUATIONS

OVER 10- UNACCEPTABLY STRESSED, AT RISK OF STRESS RELATED ILLNESS, RETHINK YOUR WAY OF LIFE, AND STRESS COPING TECHNIQUES

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