

STRESS QUESTIONNAIRE

How can you tell if you are coping well? The following questionnaire will determine where you fit in.

Answer Yes or No to each of the following questions:

1. Do you have a feeling of continuous anxiety and sometimes of panic?
2. Do you feel tired all the time and find that you complain more and more of not getting enough sleep?
3. Do you feel like your work / school work is suffering because of stress?
4. Do you often feel depressed for no good reason?
5. Are you tense and restless and unable to relax?
6. Do you sometimes wonder if you are losing your mind?
7. Do you take other people's criticisms as personal threats or rejection?
8. Do you lose your temper more often and find it harder to get along with others?
9. Do you find it hard to concentrate these days?
10. Do you feel overwhelmed?
11. Are you worrying a great deal, taking life more seriously, enjoying it less?
12. Is it becoming harder for you to make small decisions, such as what to have for dinner, what to do next?
13. Do you dread ordinary everyday situations?
14. Do you often experience symptoms of racing heart, headaches, muscle pain, butterflies, or discomfort in the stomach?
15. Have you recently experienced major life changes?

Any of these symptoms can be indicators for stress. However, if you answered "yes" to five or more questions, you may benefit from learning healthy coping techniques for dealing with stress. Come into CAPS (across from the Post Office in the Sharwan Smith Center) and set an appointment at our Biofeedback Lab and take steps now to manage or remove unwanted stress levels.