

ASSESSMENT

IS STRESS GETTING THE BETTER OF YOU?

(Page 167, *Eat Yourself Healthy*, Dr Megan Rossi)

The questions in this tool ask you about your feelings and thoughts during the last month. In each case, circle *how often* you felt or thought a certain way. Like the happiness questionnaire, some of the questions are phrased negatively, others positively, so take your time reading through them.

	Never	Almost never	Sometimes	Fairly often	Very often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and 'stressed'?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	4	3	2	1	0
5. In the last month, how often have you felt that things were going your way?	4	3	2	1	0
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	4	3	2	1	0
8. In the last month, how often have you felt that you were on top of things?	4	3	2	1	0
9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high you could not overcome them?	0	1	2	3	4

Tally your score: _____

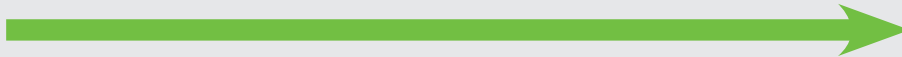
Developed by Cohen et al.

Score interpretation:

Very relaxed

Super-stressed

0 Points



40 Points

If you are towards the more stressed end of the scale, take comfort from the fact that there is plenty you can do to help get those scores down, starting with the exercises on page 168–179.

If your score is above 30, then it might be worth talking to someone about it. If you don't feel like you're able to talk to your family or friends (give them a try first, though; they may surprise you), then there are several free community services that your GP can share with you.