



## Stress Assessment Tool

<i>Emotional Symptoms</i>	<i>Mental Symptoms</i>	<i>Other Symptoms</i>
Depression or sadness	Confusion, indecision	Changes in eating habits
Disappointment with self	Inability to concentrate	Sleep disturbances
Easily upset and tearful	Memory changes unrelated to aging, physical illness, or medication	Gastric problems
Feeling lonely, withdrawn		Headaches
Lack of motivation		Increased use of substances such as tobacco and alcohol
Mood swings		

***How to use this table:***

Under each column, assign yourself 1 point if you experience one of the stressors, and 0 points if this symptom does not describe you.

***Total your points:***

- 8-14 =            Highly stressed
- 4-7  =            Moderately stressed
- 0-3  =            Able to deal with the day-to-day stressors of your work/life environment

Your score: \_\_\_\_\_

