

Personal Stress Quiz

Read each statement carefully and answer how strongly you agree or disagree with the statement (circle the appropriate number). After you complete the quiz add up each column. Then add together each column to get your total "stress score". If your total score is above 22 points you may want to get more information about stress.

Assessment Questions	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1. I get support from my friends or family members.	5	4	3	2	1
2. I have hobbies and activities I enjoy.	5	4	3	2	1
3. I get enough sleep and have no difficulty getting the rest I need.	5	4	3	2	1
4. My spiritual life and religious activities provide me with comfort.	5	4	3	2	1
5. I frequently feel overwhelmed by life's demands.	1	2	3	4	5
6. I feel guilty and have regrets about past events and my behaviour.	1	2	3	4	5
7. I am good at setting my priorities and managing my time.	5	4	3	2	1
8. I am good at expressing my needs to others.	5	4	3	2	1
9. I worry about my personal finances.	1	2	3	4	5
10. I get frustrated and angry easily.	1	2	3	4	5
11. I have a good sense of humour and find it easy to laugh.	5	4	3	2	1
12. I lack energy to face difficult challenges or solve tough problems.	1	2	3	4	5
13. Relationships with my family or friends are often strained and stressful.	1	2	3	4	5
14. My general health is good.	5	4	3	2	1
15. Recently I have experienced one or more of the following events: death of a family member or close friend, a divorce or separation, loss of a job, legal problems, a severe illness or injury, a new family member or retirement.	1	2	3	4	5
Total the scores in each column					
TOTAL STRESS SCORE					