



Stress and Wellbeing Assessment

Stress (1 being low, 5 being high)

Over the last two weeks

How much of a load have you been under	1	2	3	4	5
How stressed have you been	1	2	3	4	5
How worn out have you been	1	2	3	4	5
how much impact has the stress or tiredness had on you?	1	2	3	4	5
How stuck or lost are you in the stress or tiredness?	1	2	3	4	5

Over the last 6 months

How much of a load have you been under	1	2	3	4	5
How stressed have you been	1	2	3	4	5
How worn out have you been	1	2	3	4	5
How much impact has being stressed or worn out had	1	2	3	4	5
How stuck or lost are you in the stress or tiredness?	1	2	3	4	5

List what contributes to your current stress

What is the most stressful thing.

Estimate your level of accumulated/underlying/generalized stress Low Medium High

Wellbeing (1 being low, 5 being high)

How often have you had experiences of wellbeing during the day

over the last two weeks	1	2	3	4	5
over the last 6 months	1	2	3	4	5

Rate your wellbeing in these 5 areas

Connection with others	1	2	3	4	5
Activities you enjoy	1	2	3	4	5
Achievement	1	2	3	4	5
Meaning and Purpose	1	2	3	4	5
Happiness	1	2	3	4	5
Centred	1	2	3	4	5
Ability to wind down	1	2	3	4	5

