

Quick Stress Assessment

Out of 5, with 1 being low and 5 being extremely high what was your level of stress

over the last 2 weeks 1 2 3 4 5

over the last 6 months 1 2 3 4 5

What symptoms of stress do you experience, what happens when you get stressed?

What proportion of your total stress load would you attribute to work? _____%

What are the sources of stress in your work? Think of the daily things and the more major things. (after you've finished you might like to check out the list in appendix 1)

What are the sources of stress outside of work?

How effectively are you responding to your stress? (1 is low, 5 being high)

1 2 3 4 5

Comment.....

What positive changes would you like to see as a result of reducing your stress?