

## Test your stress level

Mark the best matching answers with an "X" for each question. Be honest with yourself!

	Within the past 4 weeks have you:	Always	Often	Sometimes	Rarely/never
Physical	had diarrhoea				
	felt rapid heartbeats				
	had headaches				
	had frequent urination				
	felt pains in the body				
	had stomach pains				
	felt dizzy				
	felt tightness in the chest				
Psychological	felt depressed				
	been restless				
	been anxious				
	had difficulty concentrating				
	had memory problems				
	had problems thinking clearly				
	had difficulties making decisions				
	been irritable				
Behavioural	consumed more alcohol				
	been tired				
	had difficulties falling a sleep				
	had difficulties sleeping all night				
	felt like not doing anything at all				
	smoked more than usual				
	lacked initiative				
	often been nervous				
Sum of x's in each column:					
Multiply by the factor:		x 4 =	x 3 =	x 2 =	x 1 =
Result for each column					
Add the four results above to get the grand total:					

### Evaluation

24-37: Relaxed level. You are not stressed.

38-68: Mid level. You are stressed and should take some actions.

69-96: High level. You are very stressed. Should take immediate action plus have a medical examination to rule out other causes for your symptoms.

Source: Dr. med Bo Netterstrøm, Denmark