



BE UNSTOPPABLE

COACHING



Stress Assessment

Tool and Worksheet





Stress Assessment

This questionnaire is designed to help you understand where stress is prominent in different areas of your life. Indicate YES or NO for each of the following questions. Mark your Answer with an 'X'

YOURSELF	YES	NO
Do you feel trapped in a set of circumstances you cannot change?		
Do you feel like you have many faults and few good points?		
Do you feel like you are fooling everyone with what you know and who you are?		
Do you often suppress your own views because you think others will be offended?		
Do you often give up something you want to do because of what others want?		
Do you spend a lot of time worrying about the future?		
Do you lose your temper easily?		
Do you find it difficult to relax?		
Do you prejudge situations and then find out that you were mistaken?		
Do you find it hard to say you are sorry?		

DIET AND EXERCISE	YES	NO
Do you regularly take less than half an hour for main meals?		
Do you often eat while doing other things, like cooking or working?		
Do you eat high calorie foods that produce an instant energy rush?		
Do you drink more than 3 cups of coffee or tea per day?		
Do you drink more than 2 glasses of wine/spirits or 2 bottles of beer per day?		
Do you put on weight easily or quickly?		
Do you smoke?		
Do you have trouble setting aside sometime for yourself daily?		
Do your daily activities rarely include some degree of physical exertion?		
Do you drink less than eight glasses of water every day?		

YOUR ENVIRONMENT	YES	NO
Are you running out of room to put things?		
Is your home too small and cramped?		
Do you feel that you don't have enough privacy?		
Do you find it difficult to relax at home in the evenings?		
Are you neighbours too noisy?		
Do you feel depressed in the dark winter months?		
Do you wake up in the morning with a stiff back?		
Do you feel uncomfortable after sitting for a long period of time?		
Would you prefer to move to a new place to live?		
Do you have a very long commute to get to work?		



YOUR RELATIONSHIPS	YES	NO
Do you find that you never have any time for yourself?		
Do you argue a lot about money?		
Do you feel that you don't have enough privacy at home?		
Are you finding it difficult to settle down into a permanent relationship?		
Is your family resentful that you don't spend enough time at home?		
Is it hard for you to forgive?		
Do you bring past relationship issues into your current one?		
Do you tell the truth when you are upset or hide it to avoid conflict?		
Do you feel that others are controlling and you don't have a choice?		
Do you find it a problem when children answer back or are rude to you?		

YOUR JOB	YES	NO
Do you feel put-upon or feel you are working too hard?		
Do you regularly work during lunch time or evenings?		
Do you rarely take vacations?		
Do you get an unpleasant feeling when you wake up and have to go to work?		
Do you feel bored with your job?		
Do you find it difficult to organise your work?		
Do you find it difficult to delegate work to someone else when you get busy?		
Do you find that constant interruptions ruin your concentration?		
Do you feel that your talents and abilities are not fully recognised?		
Do you feel ignored by your manager?		

TIME MANAGEMENT	YES	NO
Do you usually try to do things as quickly as possible?		
Do you run out of time when working on important projects?		
Do you deliberately try to do several things at once?		
Lately, have you noticed that you are forgetting things?		
Do you get impatient easily?		
Do you often travel to work during rush hour?		
Do you rarely give yourself a break to relax, play or daydream?		
Do you spend more time on operations tasks instead of thinking strategically?		
Do you rarely write your thoughts in a diary, journal or blog?		
Are you aware that time is passing too quickly?		



TOTAL NUMBER OF 'YES' ANSWERS

Identify which area has the most stress!

Yourself	
Diet and Exercise	
Your Environment	
Your Relationships	
Your Job	
Time Management	

HOW STRESSED ARE YOU?

Identify the percentage of stress in your life!

No. of YES	Level of Stress
50 to 60	You are experiencing extreme stress
35 to 49	75% of your life is stressed
24 to 34	50% of your life is stressed
14 to 23	25% of your life is stressed
Under 14	Your life is mostly stress free

What is one area of your life (from the stress assessment) that you WANT to work on?

What are some of your stress challenges in that area?

What are some small changes you can implement to help in that area?

FOCUS FORWARD – Value of the changes?



Stress Assessment ... Action Goals

What action goals are you going set to help you manage and minimise stress levels in your life? Take into consideration what you have reflected on and the insights you have gained through this worksheet, to help you write goals and action steps below.

Remember that stress has many negative physical, mental and emotional side-effects, so making conscious decisions to minimise stress will help you greatly with your health, how you communicate with others, make decisions, live and enjoy life.

GOALS

ACTION STEPS