

## STRESS ASSESSMENT

For each of the statements below, circle the number that represents how true the statement is for you now. A lower number means the statement is less true, a higher number means it is truer.

Less					More	
1	2	3	4	5		My spouse/partner died within the last 12 months
1	2	3	4	5		I am dealing with menopause
1	2	3	4	5		I am dealing with divorce or major breakup from live in partner
1	2	3	4	5		I have ongoing financial problems
1	2	3	4	5		I am involved in a custody battle
1	2	3	4	5		I have a serious legal issue pending
1	2	3	4	5		A close family member recently died
1	2	3	4	5		I recently incurred a serious personal injury or health crisis
1	2	3	4	5		I married or established a life partnership in the last 12 months
1	2	3	4	5		I recently got fired or laid off from work
1	2	3	4	5		I just retired or my partner just retired
1	2	3	4	5		An immediate family member has a major health issue
1	2	3	4	5		I am pregnant
1	2	3	4	5		I am experiencing sex related difficulties
1	2	3	4	5		I took on some big debt in the last 12 months
1	2	3	4	5		I recently moved
1	2	3	4	5		I sleep less than 8 hours a night
1	2	3	4	5		My job responsibilities have shifted (more or less)
1	2	3	4	5		My spouse/partner is unemployed
1	2	3	4	5		I have either started or finished school in the last 12 months
						<b>Total score</b> (add all the numbers you circled)

### Scoring your stress level:

**20 - 35** You are virtually stress free and are not coping with a lot of change

**36 - 50** You are mildly stressed and could benefit from some support

**51 - 75** You are under a significant stress and should actively seek ways to reduce it

**76 - 100 DANGER!** You are in the red zone, you are flirting with a major meltdown and should seek immediate relief.

Major change affects your stress level for a long time. Overstress can make you sick. It can also have a devastating impact on your relationships, productivity, peace of mind, and happiness. When you are overstressed, you need to take action to support your health and well-being.

**For additional resources, please contact: [coachdq@careerlifebalance.net](mailto:coachdq@careerlifebalance.net) or visit: [www.CareerLifeBalance.net.com](http://www.CareerLifeBalance.net.com)**

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