HOW STRESSED ARE YOU?
Source: Headington Institute

Please note: this scale is not a clinical diagnostic instrument and is provided for educational purposes. It merely identifies some of the more common symptoms of stress. If you have any concerns about your state of emotional health, you should consult with a mental health professional.

INSTRUCTIONS: In the last month, how often has the following been true for you?
Write the number that fits your reality on the line before each question.

0 | Never  1 | Seldom  2 | Sometimes  3 | Often  4| Always

1. I feel tired.
2. I find it very hard to relax or “wind-down.”
3. I find it hard to make decisions.
4. My heart races and I find myself breathing rapidly.
5. I have trouble thinking clearly.
6. I eat too much or too little.
7. I get headaches.
8. I feel emotionally numb.
9. I think about my problems over and over again during the day.
10. I have sleeping problems (e.g., trouble falling asleep, trouble staying asleep, trouble waking up, nightmares, etc).
11. I have trouble feeling hopeful.
12. I find myself taking unnecessary risks or engaging in behavior hazardous to health and/or safety.
13. I have back and neck pain, or other chronic tension-linked pain
14. I use caffeine or nicotine more than usual.
15. I feel overwhelmed and helpless.
16. I have nervous habits (e.g., biting my nails, grinding my teeth, fidgeting, pacing, etc).
17. I forget little things (e.g. where I put my keys, people’s names, details discussed during the last work meeting).
18. I have stomach upsets (e.g., nausea, vomiting, diarrhea, constipation, gas).
19. I am irritable and easily annoyed.
20. I have mood-swings and feel over-emotional.
21. I find it hard to concentrate.
22. I have trouble feeling that life is meaningful.
23. I am withdrawn and feel distant and cut off from other people.
24. I use alcohol and/or other drugs to try and help cope.
25. My work performance has declined and I have trouble completing things.

TOTAL SCORE: _______
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INTERPRETATION GUIDELINES

0 – 25:
A score in this range suggests that you’re probably in great stress-shape!

26 – 50:
A score in this range suggests that you may be experiencing a low to moderate degree of stress.

51 – 75:
A score in this range suggests you may be experiencing a moderate to high degree of stress.

76 – 100:
A score in this range suggests that you may be experiencing a very high degree of stress.

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