

STRESS LEVEL ASSESSMENT SCALE

PSYCHOLOGICAL SYMPTOMS	RARELY	SOMETIMES	OFTEN		
Worrying about things that aren't even important the next day	1	2	3	4	5
Anticipating the worst	1	2	3	4	5
Feeling tense, irritable, or impatient	1	2	3	4	5
Unable to stop ruminating about things that are bothering you	1	2	3	4	5
A sense of hopelessness that things will ever get better	1	2	3	4	5

TOTAL THE CIRCLED NUMBERS _____

PHYSICAL SYMPTOMS	RARELY	SOMETIMES	OFTEN		
Trouble falling asleep, waking throughout the night, or daytime fatigue	1	2	3	4	5
Nervous twitches, fidgeting, or restlessness	1	2	3	4	5
Rapid heart rate, dry mouth, or shortness of breath	1	2	3	4	5
Decreased or increased appetite	1	2	3	4	5
Headaches, neck pain, or upset stomach	1	2	3	4	5

TOTAL = _____

COPING ABILITIES	RARELY	SOMETIMES	OFTEN		
Failing to follow through on things	1	2	3	4	5
Avoiding strategies to reduce stress (meditation, physical exercise, etc.)	1	2	3	4	5
Indecisiveness	1	2	3	4	5
Inability to hide your anxiety from others	1	2	3	4	5
Difficulty seeking help	1	2	3	4	5

TOTAL = _____

ADD THE TOTALS TOGETHER FOR STRESS LEVEL SCORE