



Stress Level Analysis

Remember that even though you may not feel your stress levels are very high, you might still be heading for one of the "hidden" forms of stress disease. Take this assessment test and see how you score.

Answer the questions listed below according to the following scale:"

Score	Description
0	I do not experience this symptom at all.
1	I rarely experience this symptom
2	I occasionally experience this symptom
3	I frequently experience this symptom

Do you experience headaches of any sort?
0 1 2 3

Do you experience tension or stiffness in your neck, shoulders, jaws, arms, hands, legs, or stomach?
0 1 2 3

Do you have nervous tics, or do you tremble?
0 1 2 3

Do you feel your heart, thumping, or racing?
0 1 2 3

Do you get irregular heartbeats or does your heart skip beats?
0 1 2 3

Do you have difficulty breathing at times?
0 1 2 3

Do you ever get dizzy or light-headed?
0 1 2 3

Do you feel like you have a lump in your throat or you have to clear it?
0 1 2 3

Do you get colds, the flu, or does your throat get hoarse?
0 1 2 3

Are you bothered by indigestion, nausea, or any stomach discomforts?
0 1 2 3

Do you have diarrhea or constipation?
0 1 2 3

Do you bite your nails?
0 1 2 3

Do you have difficulty falling or staying asleep?
0 1 2 3

Do you wake up feeling tired?
0 1 2 3

Are your hands or feet cold?
0 1 2 3

Do you grind or grit your teeth or do your jaws ache?
0 1 2 3

Are you prone to excessive sweating?
0 1 2 3

Are you angry or irritable?
0 1 2 3

Do you feel a lot of general pain (back pain, stomach pain, head pain, muscle pain, etc)?
0 1 2 3

Have you become aware of increased anxiety, worry, fidgeting or restlessness?
0 1 2 3

0 - 10: No Stress. Are you sure you are alive?

11 - 20: Mild Stress. You are basically healthy, but occasionally bothered by stressful life events.

21 - 30: Moderate Stress. You should be concerned about your life pressures and how you handle them.

31 - 40: Severe Stress. Your life is out of control and you probably need professional help

41 - 60: Dangerous Stress Levels. You need immediate help.

Obviously, a test like this is subject to distortion by either exaggeration or under-valuation of a symptom. If you don't trust your judgment about yourself, ask a trusted friend to go over the test with you. In dialogue with this friend, you might just be more accurate and honest.

Remember that even though your score may not be very high, you might still be heading for one of the "hidden" forms of stress disease. Always running on adrenaline can mask the insidious damage going on in the heart, vascular system, or stomach. High adrenaline often masks pain, and habitually stressed people may not always be aware of the symptoms of distress until stress disease is far advanced.

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Results of 800 on-line surveys

0-10	32%
11-20	33%
21-30	22%
31-40	10%
41-50	3%