



How Stressed Are You?

Stress is an inevitable part of modern life but it does need to be managed and controlled. Long-term exposure to stress can cause serious health problems, such as high blood pressure, depression, a suppressed immune system, infertility and greater risk of having a heart attack and a stroke.

Learn to recognise the signs of stress in your body and then work towards managing stressful situations in your life more effectively. Remember that Kaelo has trained specialists who can assist you with stress management and advise on ways in which to lead a more balanced and healthier life. Use the following questionnaires to see if you are currently suffering from common signs of stress and if you have been exposed to stressful situations in your life recently:

Are you experiencing common signs and symptoms of stress?	Yes / No
Are you feeling moody, depressed, irritable or short-tempered?	
Are you agitated and unable to relax?	
Are you feeling overwhelmed?	
Do you sometimes feel isolated and lonely?	
Are you worried, anxious and feeling negative?	
Are you struggling to concentrate and remember things?	
Are you making rash decisions and having racing thoughts?	
Are you experiencing a rapid heartbeat, chest pains, aches and pains, frequent colds, loss of libido, diarrhoea or constipation?	
Has your appetite changes - are you eating more than usual or have you lost your appetite?	
Are you struggling to sleep well at night and are you sleeping too much or too little?	
Do you feel you need food, alcohol or cigarettes to cope?	
Are you doing things that help your body manage stress?	
Are you doing regular exercise, at least three times a week?	
Are you eating three balanced meals a day?	
Are you getting a good night's sleep (at least seven hours)	
Are you limiting your daily caffeine and alcohol intake?	
Are you a non-smoker or are you getting help to quit smoking?	
Do you take regular breaks at work and in your personal life?	
Are you managing you time, your money and your work load?	
Are you having fun and making time to do things you really enjoy?	
Are you setting goals, planning breaks and spoiling yourself?	

Complete the following questionnaire and add up your score to assess the extent to which the situations you have experienced have distressed you.

In the last year have you experienced:	Under 30 years	Over 30 years
Death of a spouse	69	100
Divorce	60	73
Marital separation	55	65
Jail term	50	63
Death of a close family member	54	63
Major personal injury or illness	50	55
Marriage	50	50
Fired from work	50	47
Marital reconciliation	47	45
Retirement	46	45
Major change in health of a family member	44	44
Pregnancy	45	40
Sexual difficulties	51	39
Gain of a new family member	43	39
Business adjustment	44	39
Change in financial state	44	38
Death of a close friend	46	37
Change to a different line of work	38	36
Change in number of arguments with spouse	41	35
High mortgage	41	31
Foreclosure of mortgage or loan	36	30
Change in responsibilities at work	38	29
Child leaving home	34	29
Trouble with in-laws	36	29
Outstanding personal achievement	31	28
Wife begins or stops work	32	26
Begin or end school	34	26
Change in living conditions	35	25
Revision of personal habits	26	24
Trouble with boss	26	23
Change in work conditions	30	20
Change in residence	28	20
Change in schools	26	20
Change in recreation	26	19
Change in church activities	21	19
Change in social activities	28	18
Small mortgage	28	16
Change in sleeping habits	18	16
Change in number of family get-togethers	22	15
Change in eating habits	18	15
Vacation	29	13
Christmas	26	12
Minor violations of the law	12	11

300 or more = a significant life crisis | 200 to 299 = a moderate life crisis
151 to 199 = a mild life crisis | 0 to 150 = no life crisis