

STEP 2

STRESS DANGER ZONES

Check your stress levels and health risks in each area:

- Work Stress**
- Relationship Stress**
- Money Stress**
- Leisure Stress**
- Body Stress**
- Mind Stress**

**If you score in the danger zone for 3 or more areas,
call Psychelp 1300 852 858
or
register for professional e-Psychelp online**

PSYCHELP STRESS ZONES

Zone 1: Work Stress

	Very untrue					Very true
	0	1	2	3	4	5
1. When starting work projects, I find it difficult to become immediately involved	0	1	2	3	4	5
2. My job is at home, I do not get weekends off (if yes, mark 5)	0	1	2	3	4	5
3. When hit by questions from all sides, I cannot answer or make a decision	0	1	2	3	4	5
4. I am concerned with the goal of being a perfect employee, spouse and parent all at the same time	0	1	2	3	4	5
5. When I come home from work, I still have the laundry, cooking, shopping and cleaning to do	0	1	2	3	4	5
6. Even though I like my work, I feel guilty when I put in extra hours	0	1	2	3	4	5
7. My job is at home, I cannot walk away and leave it at night (if yes, mark 5)	0	1	2	3	4	5
8. I have been in the same job for 5 years or more (if yes, mark 5)	0	1	2	3	4	5
9. I am caught up in the "busy work" aspects of my job	0	1	2	3	4	5
10. It is hard to look forward to a new life after retirement	0	1	2	3	4	5
11. I find it difficult to relax during breaks	0	1	2	3	4	5
12. When I get to work, I need more time to prepare	0	1	2	3	4	5
13. On my way to and from work, I tend to rehash the problems of the day	0	1	2	3	4	5
14. My job is physically demanding	0	1	2	3	4	5
15. When I am under pressure, I tend to lose my temper	0	1	2	3	4	5
16. It is difficult to feel comfortable in the presence of my supervisor	0	1	2	3	4	5
17. I wish there were more closeness among the people with whom I work	0	1	2	3	4	5
18. I feel confident in my occupation	0	1	2	3	4	5
19. My job is emotionally demanding	0	1	2	3	4	5
20. My work requires extensive preparation and training	0	1	2	3	4	5
21. I have lost enthusiasm with my job	0	1	2	3	4	5
22. I find my working environment unpleasant	0	1	2	3	4	5
23. I continue to allow myself to accept new job responsibilities without letting go of others	0	1	2	3	4	5
24. There is little variety or challenge in my job	0	1	2	3	4	5
25. I have recently received a new promotion (if yes, mark 5)	0	1	2	3	4	5
26. I often feel overwhelmed with the demands of my job	0	1	2	3	4	5
27. My work environment is noisy	0	1	2	3	4	5
28. I feel I should be more satisfied with what I have accomplished at work	0	1	2	3	4	5
29. Deadlines are a daily part of my job	0	1	2	3	4	5
30. I have a problem completing work assignments because of the many interruptions	0	1	2	3	4	5
31. I find it necessary to work during some lunches (if yes mark 5)	0	1	2	3	4	5
32. After leaving the job, I complete work I have not had time for during the day	0	1	2	3	4	5
33. I find it difficult to work with some of my co-workers	0	1	2	3	4	5
34. I need to take some college courses in order to update my skills	0	1	2	3	4	5
35. I find it difficult to find meaning in my job	0	1	2	3	4	5

SCORING:

- 0-20: Normal Stress Level**
- 21-60: Borderline Stress Level**
- 61 & over: Dangerous Stress Level**

Zone 2: Relationship Stress

	Very untrue				Very true	
	0	1	2	3	4	5
1. I am contemplating divorce	0	1	2	3	4	5
2. When listening to others, I find myself becoming disinterested and not listening	0	1	2	3	4	5
3. I have recently lost a child or a close friend through death	0	1	2	3	4	5
4. I am contemplating marriage	0	1	2	3	4	5
5. I have recently moved and left behind some close friends	0	1	2	3	4	5
6. I am experiencing sexual difficulties or frustrations	0	1	2	3	4	5
7. I tend to become easily irritated with co-workers on the job	0	1	2	3	4	5
8. My children are growing up and leaving home	0	1	2	3	4	5
9. I recently became separated and/or divorced	0	1	2	3	4	5
10. Our family needs to spend more time together	0	1	2	3	4	5
11. I feel at a loss in dealing with my children	0	1	2	3	4	5
12. I have recently had an addition to the family	0	1	2	3	4	5
13. I have trouble getting on with my relatives	0	1	2	3	4	5
14. I wish I had a family (spouse, children)	0	1	2	3	4	5
15. I am a step-parent	0	1	2	3	4	5
16. I have trouble saying no to anyone who asks me for something	0	1	2	3	4	5
17. I find it difficult to ask for help	0	1	2	3	4	5
18. I feel I should seek information on parenting	0	1	2	3	4	5
19. It is uncomfortable for me to express feelings of concern, love and warmth for people for whom I care	0	1	2	3	4	5
20. I am a single parent	0	1	2	3	4	5
21. I find it difficult to accept constructive criticism without reacting defensively	0	1	2	3	4	5
22. I find it difficult to be out socially with my spouse/partner	0	1	2	3	4	5
23. I tend to deal with my children's problems and questions ineffectively	0	1	2	3	4	5
24. I am prone to lose control when my children misbehave	0	1	2	3	4	5
25. I want my friends to like me, because then I will be okay too	0	1	2	3	4	5
26. I like being single, independent, unattached, but some people think there is something wrong with me	0	1	2	3	4	5
27. I have been a widow/widower	0	1	2	3	4	5
28. I like being single, but sometimes I get lonely and think there is something wrong with me	0	1	2	3	4	5
29. I wish people needed me more	0	1	2	3	4	5
30. There is a lack of intimacy/communication with my spouse/partner	0	1	2	3	4	5
31. I tend to refrain from showing feelings of sadness, anger or fear	0	1	2	3	4	5
32. I wish my family would help more with the laundry	0	1	2	3	4	5
33. I worry that I could be a better parent	0	1	2	3	4	5
34. My relationship with my spouse/partner is deteriorating	0	1	2	3	4	5
35. I have difficulty forming close relationships with (underline): friends, co-workers, relatives, children, spouse, in-laws	0	1	2	3	4	5
36. I worry about asking someone for a date	0	1	2	3	4	5
37. I wish I enjoyed sex more	0	1	2	3	4	5
38. When I am upset with my spouse/partner, I have difficulty expressing my feelings	0	1	2	3	4	5
39. My father has recently died	0	1	2	3	4	5
40. I am facing the problems associated with elderly parents/relatives	0	1	2	3	4	5
41. I am always stuck with the job of preparing meals for my family	0	1	2	3	4	5
42. Too much time is spent doing things for others	0	1	2	3	4	5
43. My mother has recently died	0	1	2	3	4	5
44. Nobody helps me with the repairs needed on the house	0	1	2	3	4	5
45. Child care is my responsibility	0	1	2	3	4	5

SCORING: **0-25: Normal Stress Level** - **26-75: Borderline Stress Level**
76 & over: Dangerous Stress Level

Zone 3: Money Stress

	Very untrue					Very true	
1. I feel financially insecure	0	1	2	3	4	5	
2. I cannot afford the things I would like	0	1	2	3	4	5	
3. I have difficulty managing a budget	0	1	2	3	4	5	
4. My spouse and /or I retired recently and we have been living on a smaller, fixed income	0	1	2	3	4	5	
5. I am afraid I will fall behind in the mortgage repayments or other bills	0	1	2	3	4	5	
6. I worry about being able to provide my children with the things they need/want	0	1	2	3	4	5	
7. I or my partner lost a job recently	0	1	2	3	4	5	
8. I have many bills to pay	0	1	2	3	4	5	
9. I or my partner recently began a new job (if yes, mark 5)	0	1	2	3	4	5	
10. I seem to buy a lot on credit	0	1	2	3	4	5	
11. I recently received an increase in my salary/wages (if yes, mark 5)	0	1	2	3	4	5	
12. There is a large mortgage on my home	0	1	2	3	4	5	
13. I feel I am barely living from cheque to cheque	0	1	2	3	4	5	
14. I recently received an overdue notice for one of my bills	0	1	2	3	4	5	
15. I find myself trying to "keep up with the Joneses"	0	1	2	3	4	5	
16. I recently received a cut in salary or wages	0	1	2	3	4	5	
17. The Tax Office audited me within the last year	0	1	2	3	4	5	
18. My income has been reduced because of separation, divorce or death	0	1	2	3	4	5	
19. My income is failing more and more to keep up with my expenses	0	1	2	3	4	5	
20. I have been delaying a savings or investment program	0	1	2	3	4	5	

SCORING: **0-13: Normal Stress Level**
 14-37: Borderline Stress Level
 38 & over: Dangerous Stress Level

Zone 4: Leisure

	Very untrue					Very true	
1. I have put off learning to play a musical instrument	0	1	2	3	4	5	
2. I feel I should contribute more of my time to community activities or projects	0	1	2	3	4	5	
3. I have put off planting a garden	0	1	2	3	4	5	
4. I wish my interests were more varied	0	1	2	3	4	5	
5. I should make an attempt to get to know my neighbours	0	1	2	3	4	5	
6. When faced with a period of inactivity, it is difficult to occupy myself either mentally or physically	0	1	2	3	4	5	
7. I find it difficult to look forward to holidays	0	1	2	3	4	5	
8. I need a vacation	0	1	2	3	4	5	
9. The interior of my home could be more satisfying or pleasing	0	1	2	3	4	5	
10. I tend to be bored with my life	0	1	2	3	4	5	
11. I feel I should have a greater number of hobbies and interests	0	1	2	3	4	5	
12. I do two things at once eg. Eating while working (if yes, mark 5)	0	1	2	3	4	5	
13. I would like to spend more time reading books	0	1	2	3	4	5	
14. I would like to participate more in relaxing group or club activities	0	1	2	3	4	5	
15. I have very little time for hobbies	0	1	2	3	4	5	
16. I have a lot of unfinished projects around the house	0	1	2	3	4	5	
17. I would like to spend evenings attending plays, movies etc	0	1	2	3	4	5	
18. I spend too much time watching television	0	1	2	3	4	5	
19. I wish I spent more time relaxing & talking with my friends	0	1	2	3	4	5	

SCORING: **0-13: Normal Stress Level**
 14-37: Borderline Stress Level
 38 & over: Dangerous Stress Level

Zone 5: Body Stress

	Very untrue				Very true	
1. Within the last year I have experienced the following:						
• Muscle tightness or aching in the back	0	1	2	3	4	5
• Tightly gripping a chair, steering wheel, clenching fists etc	0	1	2	3	4	5
• Cold or clammy hands	0	1	2	3	4	5
• Muscle tightness or aching in the shoulders	0	1	2	3	4	5
• Frowning	0	1	2	3	4	5
• Squinting	0	1	2	3	4	5
• Clenching teeth, aching in the jaw	0	1	2	3	4	5
• Bruxism (grinding teeth in day or night)	0	1	2	3	4	5
• Frequent headaches/migraines	0	1	2	3	4	5
• Stroke (if yes, mark 5)	0	1	2	3	4	5
• Stuttering	0	1	2	3	4	5
• Fainting spells	0	1	2	3	4	5
2. I have acquired a disability within the last year (if true, mark 5)	0	1	2	3	4	5
3. Within the last year I have experienced the following:						
• Muscle tightness or aching in the chest	0	1	2	3	4	5
• Heart attack (if true, mark 5)	0	1	2	3	4	5
• High blood pressure (hypertension) (if true, mark 5)	0	1	2	3	4	5
• Short, irregular or shallow breathing	0	1	2	3	4	5
• Heart racing or pounding	0	1	2	3	4	5
4. Within the last year I have experienced the following:						
• Diabetes (if true, mark 5)	0	1	2	3	4	5
• Cancer (if true, mark 5)	0	1	2	3	4	5
• Arthritis (if true, mark 5)	0	1	2	3	4	5
• Rashes	0	1	2	3	4	5
• Allergies (if true, mark 5)	0	1	2	3	4	5
5. I add salt to my food during cooking and at the table	0	1	2	3	4	5
6. When I exercise I skip the ten minutes of warm up stretching and the ten minutes of cool down activities (if yes, mark 5)	0	1	2	3	4	5
7. I eat chocolate of some type	0	1	2	3	4	5
8. I rarely use rapid-releasing techniques to deal with stress (deep muscle relaxation, medication, imagery, body scanning) (if true, mark 5)	0	1	2	3	4	5
9. I have had difficulty maintaining my correct weight	0	1	2	3	4	5
10. I have not had three consecutive weeks of vacation each year (if true, mark 5)	0	1	2	3	4	5
11. I seem to have lots of colds/viruses/infections	0	1	2	3	4	5
12. More and more I have needed medical care	0	1	2	3	4	5
13. I feel anxious, nervous, jittery, jumpy	0	1	2	3	4	5
14. I feel I am accident prone	0	1	2	3	4	5
15. I use the following:						
• Aspirin	0	1	2	3	4	5
• Tranquilisers	0	1	2	3	4	5
• Pain killers	0	1	2	3	4	5
• Sleeping aids	0	1	2	3	4	5
16. I am exposed to the following in my environment:						
• Noise	0	1	2	3	4	5
• Extreme changes in temperature	0	1	2	3	4	5
• Vibrations	0	1	2	3	4	5
• Air pollutants	0	1	2	3	4	5
17. I have trouble falling asleep	0	1	2	3	4	5
18. I prefer to ride an elevator than climb the stairs (if true, mark 5)	0	1	2	3	4	5

Zone 5: Body Stress (continued)

	Very untrue				Very true	
	0	1	2	3	4	5
19. My daily activities do not include moderate physical activity such as rearing young children, mowing the lawn, standing all day (if yes, mark 5)	0	1	2	3	4	5
20. Within the last year I have experienced the following:						
• Loss of appetite	0	1	2	3	4	5
• Muscle tightness or aching in abdomen	0	1	2	3	4	5
• Feeling nauseous during a crisis	0	1	2	3	4	5
• Churning in the stomach	0	1	2	3	4	5
• Diarrhoea	0	1	2	3	4	5
• Constipation	0	1	2	3	4	5
• Ulcers (if true, mark 5)	0	1	2	3	4	5
• Gastritis (if true, mark yes)	0	1	2	3	4	5
21. When I do take a vacation, I find that I have a hard time relaxing or enjoying myself (if true, mark 5)	0	1	2	3	4	5
22. I eat refined sugar	0	1	2	3	4	5
23. Within the last year, I have experienced the following						
• Nervous perspiration	0	1	2	3	4	5
• Muscle tightness or aching in the legs	0	1	2	3	4	5
• Finding my whole body becoming stiff and tight as I go through the day	0	1	2	3	4	5
• Loss of energy/chronic fatigue	0	1	2	3	4	5
• Nervous habits	0	1	2	3	4	5
• Waking up during the night for no apparent reason	0	1	2	3	4	5
24. I drink two or more cups of coffee or tea per day (if true, mark 5)	0	1	2	3	4	5
25. I do not engage in some form of enjoyable strenuous exercise for a minimum of 15 minutes per day at least three times per week (if true, mark 5)	0	1	2	3	4	5
26. I have three or more alcoholic drinks per week	0	1	2	3	4	5
27. I smoke cigarettes, cigars, pipes	0	1	2	3	4	5

SCORING: **0-37: Normal Stress Level**
 38-112: Borderline Stress Level
 113 & over: Dangerous Stress Level

Zone 6: Mind Stress

	Very untrue				Very true	
	0	1	2	3	4	5
1. I need to feel more enthusiastic about life	0	1	2	3	4	5
2. I wish I read more books for pleasure	0	1	2	3	4	5
3. I find it difficult to laugh	0	1	2	3	4	5
4. I would like to believe in God to give me more energy, motivation, fulfilment and happiness	0	1	2	3	4	5
5. I would like to find and use ways to relax my mind	0	1	2	3	4	5
6. I am depressed	0	1	2	3	4	5
7. Sometimes I feel that religion is necessary and sometimes I doubt its value	0	1	2	3	4	5
8. I have nightmares	0	1	2	3	4	5
9. I tend to be easily startled by small sounds	0	1	2	3	4	5
10. Getting old bothers me.	0	1	2	3	4	5
11. I wish I felt more worthwhile or important as a person	0	1	2	3	4	5
12. I am afraid of losing my faith in God	0	1	2	3	4	5
13. I would like to spend more time reading magazines and newspapers	0	1	2	3	4	5
14. I would like to watch more educational programs on television	0	1	2	3	4	5
15. I would like my life to have more meaning or purpose	0	1	2	3	4	5
16. I want to feel more satisfied with myself and others	0	1	2	3	4	5
17. I feel the need for religion, but it is difficult to find what I want in any one church	0	1	2	3	4	5
18. I feel out of control at times	0	1	2	3	4	5
19. I find myself being apathetic	0	1	2	3	4	5
20. I wish I had a personal relationship with God	0	1	2	3	4	5
21. I have experienced discrimination and/or harassment	0	1	2	3	4	5
22. I need to enjoy my life more	0	1	2	3	4	5
23. I want to strengthen my spiritual beliefs	0	1	2	3	4	5
24. I wish I felt a oneness or unity with others or the environment	0	1	2	3	4	5
25. I daydream or fall asleep during lectures, seminars, classes	0	1	2	3	4	5
26. Little things irritate me	0	1	2	3	4	5
27. I want to believe in God but find it difficult to develop this belief	0	1	2	3	4	5
28. I have poor concentration	0	1	2	3	4	5
29. I find it difficult to remember things	0	1	2	3	4	5
30. I feel restless	0	1	2	3	4	5
31. I find it difficult to feel any fulfilment or joy in religion	0	1	2	3	4	5
32. I need to read self-help books (if yes, mark 5)	0	1	2	3	4	5
33. I find it difficult to adjust to personal problems	0	1	2	3	4	5
34. I have reviewed my lifetime values at least once in the past year	0	1	2	3	4	5
35. I try not to cry	0	1	2	3	4	5
36. I wish I knew how to change my feelings	0	1	2	3	4	5
37. Sometimes I feel I ought to believe in God	0	1	2	3	4	5
38. I find it difficult to set limits for myself and stick to them	0	1	2	3	4	5

SCORING: **0-20: Normal Stress Level**
 21-60: Borderline Stress Level
 61 & over: Dangerous Stress Level