

Personal Stress Test

Tightrope Risk Management Program
Mental Health



Instructions

In the last month, how often has the following been true for you? Write the number that best describes your experience on the line next to each question.

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|-------|--|-------|---|
| _____ | 1. I feel tired. | _____ | 14. I use caffeine or nicotine more than usual. |
| _____ | 2. I find it very hard to relax or “wind down.” | _____ | 15. I feel overwhelmed and helpless. |
| _____ | 3. I find it hard to make decisions. | _____ | 16. I have nervous habits like biting my nails, grinding my teeth, fidgeting, or pacing. |
| _____ | 4. My heart races and I find myself breathing rapidly. | _____ | 17. I forget little things like where I put my keys, people’s names, or details from class. |
| _____ | 5. I have trouble thinking clearly. | _____ | 18. I get an upset stomach (Nausea, vomiting, diarrhea, constipation, or gas.) |
| _____ | 6. I eat too much or too little. | _____ | 19. I am irritable and easily annoyed. |
| _____ | 7. I get headaches. | _____ | 20. I have mood swings and feel over-emotional. |
| _____ | 8. I feel emotionally numb. | _____ | 21. I find it hard to concentrate. |
| _____ | 9. I fixate on my problems over and over again. | _____ | 22. I have trouble feeling that life is meaningful. |
| _____ | 10. I have problems with my sleep. (Trouble falling asleep, staying asleep, waking up, nightmares, etc.) | _____ | 23. I am withdrawn and feel distant or cut-off from other people. |
| _____ | 11. I have trouble feeling hopeful. | _____ | 24. I use alcohol and/or other drugs to try to cope. |
| _____ | 12. I find myself taking unnecessary risks or engaging in unsafe or unhealthy behavior. | _____ | 25. My grades and performance in class have declined and I have trouble completing things. |
| _____ | 13. I have back pain, neck pain, or other chronic pain. | _____ | TOTAL SCORE |

SCORE INTERPRETATION

Use the following guidelines to interpret your personal stress score.

0-25 – You probably manage your stress well and practice good mental health habits.

26-50 – You may be experiencing a low to moderate degree of stress, perhaps due to a specific situation.

51-75 – You may be experiencing a moderate to high degree of stress, or struggling to manage the stress you feel.

76-100 – You may be feeling a high degree of stress, and you might want to consider some stress-relieving tactics and activities.