



HappyBrainWaves **Stress Test**

How stressed are you?

Take this quiz and find out.

In the last month, how often have you:

1. **Been upset because of something that happened unexpectedly?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

2. **Felt that you were unable to control the important things in your life?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

3. **Felt nervous and "stressed"?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

4. **Felt unsure about your ability to handle your personal problems?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

5. **Felt that things weren't going your way?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

6. **Found that you could not cope with all the things that you had to do?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

7. **Been unable to control irritations in your life?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

8. **Felt that you weren't on top of things?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

9. **Been angered because of things that were outside of your control?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

10. **Felt difficulties were piling up so high that you could not overcome them?**

Never (0 points)	Almost never (1 point)	Sometimes (2 points)	Fairly often (3 points)	Very often (4 points)

SCORE Add up your total points.

Score	Your Stress Level
0-10	Below average. Congratulations, you seem to be handling life's stressors well at the moment.
11-14	Average. Your life is far from stress-free so now is the time to learn how to reduce your stress to healthier levels.
15-18	Medium-High. You may not realize how much stress is already affecting your mood, productivity and relationships.
19+	High. You're experiencing high levels of stress. The higher your score, the more damage stress is doing to your mind, body and behaviour.

This questionnaire is not intended to replace professional diagnosis.