

YOUR STRESS PROFILE

PERSONAL REPORT FOR

Interpreting Your Stress Score

The total Stress Score is the sum of the six Stress Indicator Scores and is a reflection of how you feel you have been coping with life during the last month.

- ❖ A high score (81+) is a good score!
- ❖ Scores of 70 or below indicate a stress problem
- ❖ Very low scores (55 or less) indicate high stress and a need to make changes. Try to get help from a friend, pastor, counsellor, or doctor. Recognising stress is the first step in making healthy changes in your life.
- ❖ See the back of this report for further explanations and suggestions on reducing the stress in your life.

HOW WELL ARE YOU COPING?

Your Stress Profile indicates how well you are coping with life, particularly in terms of mental and emotional health. Everyone deals with common problems and hassles daily, but when stress and demands become more than you can cope with, you can experience distress.

Your Stress Profile presents six specific indicators of current coping status. How well you are coping is shown by your scores. The higher the score, the better you are coping.

STRESS INDICATORS	YOUR SCORE	RECOM-MENDED SCORE
Freedom from health concern, worry		10 – 15
Energy level		15 – 20
Satisfying, interesting life		7 – 10
Cheerful vs depressed mood		18 -25
Relaxed vs tense/anxious		18 – 25
Emotional control and stability		10 -15
Your TOTAL Stress Score		78 - 110

Stress Rating	Stress Indicator Score	Percentage of population
Positive well-being	81 - 110	55%
Low positive	71 - 80	19%
Stress zone	56 – 70	16%
Distress zone	41 – 55	7%
Significant distress	26 – 40	2%
Severe distress	0 – 25	1%

Source: NCHS, Random sample of 6,900 people.

YOUR STRESS PROFILE

1. **Name** : -

Please circle responses.

2. **Age** in years _____

3. **Gender** 1. male 2. female

4. **How have you been feeling in general?**

1. In excellent spirits
2. In very good spirits
3. In good spirits mostly
4. I have been up and down a lot
5. In low spirits mostly
6. In very low spirits

5. **Have you been bothered by nervousness or your nerves?**

1. Extremely so, to the point where I could not work or take care of things
2. Very much so
3. Quite a bit
4. Some, enough to bother me
5. A little
6. Not at all

6. **Have you been in firm control of your behaviour, thoughts, emotions, and feelings?**

1. Yes, definitely
2. Yes, for the most part
3. Generally
4. Not too well
5. No, and I am somewhat disturbed

7. **Have you felt so sad, hopeless, or had so many problems that you wondered if anything was worthwhile?**

1. Extremely so, to the point where I could not work or take care of things
2. Very much so
3. Quite a bit
4. Some, enough to bother me
5. A little
6. Not at all

8. **Have you been feeling that you were under any strain, stress, or pressure?**

1. Yes, almost more that I could bear
2. Yes, quite a bit of pressure
3. Yes some, more than normal
4. Yes some, but about usual
5. Yes, a little
6. Not at all

9. **How happy, satisfied, or pleased have you been with your personal life?**

1. Extremely happy
2. Very happy
3. Fairly happy
4. Satisfied, pleased
5. Somewhat dissatisfied
6. Very dissatisfied

10. **Have you wondered if you were losing your mind or losing control over the way you act, talk, think, feel, or remember?**

1. Not at all
2. Only a little
3. Some, but not enough to be concerned
4. Some, and I have been a little concerned
5. Some, and I am quite concerned
6. Much, and I am very concerned

11. **Have you been anxious, worried, or upset?**

1. Extremely, to the point of being sick, or almost sick
2. Very much
3. Quite a bit
4. Some, enough to bother me
5. A little
6. Not at all

12. **Have you been waking up fresh and rested?**

1. Everyday
2. Most days
3. Fairly often
4. Less than half the time
5. Rarely
6. None of the time

13. **Have you been bothered by any illness, bodily disorder, pain, or fears about your health?**

1. All of the time
2. Most of the time
3. Over half the time
4. Sometimes
5. Once in a while
6. Never

Next page.

YOUR STRESS PROFILE

14. **Has your daily life been full of things that are interesting to you?**

- 1 Always
- 2 Most of the time
- 3 Over half the time
- 4 Sometimes
- 5 Once in a while
- 6 Never

15. **Have you felt downhearted and blue?**

- 1 All of the time
- 2 Most of the time
- 3 Over half the time
- 4 Sometimes
- 5 Once in a while
- 6 Never

16. **Have you been feeling emotionally stable and sure of yourself?**

- 1 Always
- 2 Most of the time
- 3 Over half the time
- 4 Sometimes
- 5 Once in a while
- 6 Never

FURTHER PROGRAMME INTERESTS

Indicate the following programmes or self-study guides you would be interested in, if available.

- 1 *help in quitting smoking*
- 2 *maintaining a healthy weight*
- 3 *improving fitness*
- 4 *handling stress*
- 5 *lowering high blood pressure*
- 6 *lowering high cholesterol*
- 7 *good health for seniors*
- 8 *good nutrition*
- 9 *understanding diabetes*
- 10 *planning for a healthy pregnancy*
- 11 *improving family life*
- 12 *improving spiritual life*

If you would like to be notified of the programmes or self-study guides, complete your address below.

Name:

Address:

Postcode

17. **Have you felt tired, worn out, used up, or exhausted?**

- 1 Always
- 2 Most of the time
- 3 Over half the time
- 4 Sometimes
- 5 Once in a while
- 6 Never

18. **How concerned or worried about your health have you been?**

(Rate your concern from 0 to 10)

Not concerned Very concerned
0 1 2 3 4 5 6 7 8 9 10

19. **How relaxed or tense have you been?**
(on a scale from 0 to 10)

Very relaxed Very tense
0 1 2 3 4 5 6 7 8 9 10

20. **How much energy, pep, and vitality have you felt?**

(Rate your energy level on a scale from 0 to 10)

No energy Very energetic
0 1 2 3 4 5 6 7 8 9 10

21. **How depressed or cheerful have you been?**

(Rate your mood on a scale from 0 to 10)

Very depressed Very cheerful
0 1 2 3 4 5 6 7 8 9 10

The Serenity Prayer

God grant me SERENITY

To accept the things I cannot change;

COURAGE to change the things I can;

And WISDOM to know the difference.

YOUR STRESS PROFILE

Understanding Your Report

Below are brief explanations of the 6 Stress Indicators to help you better understand your report as well as know how to take preventive action.

Freedom from Health Concern

An interest in good health habits is desirable, but excessive worry over health problems is non-productive. Constant stress is also responsible for numerous health problems such as headache, digestive upset, or backache. These in turn may cause additional concern over one's health.

Energy Level

Excessive stress places high demands on energy reserves. Unexplained fatigue is often a sign of inability to cope with excessive stress. Regular physical activity can improve energy levels and relieve pent-up emotions and tensions. Eating "healthy foods" can also help.

Satisfying and Interesting Life

Problems, disappointments in your personal life or family, frustrated goals (or no goals), or low self-esteem all make life less satisfying, and more stressful. Look for ways to resolve chronic problems and take steps toward personal goals that are worthwhile and important to you.

Cheerful Versus Depressed Mood

Excessive stress and pressures, disappointments, loss of a loved one or a broken relationship can all result in sadness and feeling down. This is often a normal part of the ups and downs of life. However, if you feel sad and down-hearted nearly all of the time, you need to get help. You may be suffering from depression. Depression is treatable.

Relaxed Versus Tense

Distress is often expressed in physical and mental tension such as headaches and backaches. Take frequent relaxation breaks. Breathe deeply, stretch, and walk. When tense, do some-thing active to unwind. Relax with a warm bath, quiet music, meditation, or a walk in the park.

Emotional Control and Stability

When emotions run high, control becomes more difficult. Experiencing emotional outbursts over insignificant events is often a good indicator of stress overload.

Tips for Managing Stress

Dealing with time pressures

- Set priorities. Organise your day
- Avoid procrastination
- Tackle tough jobs first
- Don not be a perfectionist
- Take breaks
- Say 'No' to extra projects you don't have time or energy to do.

Take time to relax

- Take short breaks during the day
- Take 2-3 deep breaths, relax tight muscles, and stretch. Feel yourself relax
- Do something you really enjoy: go for a walk in the park, take a hot bath, read a good book

Avoid self-destructive thinking

- All or none thinking; e.g., "A task must be done perfectly or it was botched"
- Assuming the worst makes mountains out of molehills
- Over generalising; "a declined invitation means the person will always turn you down"
- Assuming responsibility for events beyond your control. A friend walks by without saying hello. You think "What did I do to make him mad?"
- Be kind to yourself. Remember you are human and all humans make mistakes.

Talk to someone

- Talk out your problems with a trusted friend, pastor, or counsellor
- A problem shared is a load lifted

Develop social support systems

- Don't starve your emotional life; foster meaningful relationships
- Join a friendly church, club or support group

Develop a healthy lifestyle

- Get adequate rest, at least 7-8 hrs sleep/night
- Be physically active; choose activities you enjoy
- Don't skip meals; eat balanced meals and at least one warm 'sit down meal' every day.