

Partnering for Change Wellness Coaching

Rate your Stress

STRESS SYMPTOM SCALE :

If you'd like to know how coaching can help you de-stress your life, complete the short quiz below. Then, sign up for the *free 30 minute coaching session* and we will talk about the level of stress in your life. I will show you how coaching can help you manage your stressors to gain health, more energy, and enjoy life again!

State the frequency that you experienced the items listed below in the past two weeks.

- 0 = Never**
- 1 = Sometimes**
- 2 = Often**
- 3 = Very often**

Frequency: *Physical Symptoms*

	Fatigue or tiredness
	Pounding Heart
	Increased perspiration
	Rapid breathing
	Aching neck or shoulders
	Low back pain
	Gritting teeth/clenching jaw
	Hives or skin rash
	Headaches
	Cold hands or feet
	Nausea
	Diarrhea or constipation
	Stomach discomfort
	Nail biting
	Twitches or tics
	Difficulty swallowing or dry mouth
	Colds or flue
	Lack of energy
	Rapid pulse
	Tightness in chest

_____ **Total for physical symptoms**

Frequency: *Psychological Symptoms*

	Overeating
	Feeling helpless or hopeless
	Excessive drinking
	Excessive smoking
	Excessive spending
	Excessive drug or medication use
	Feeling upset
	Feeling nervous or anxious
	Increased irritability
	Worrisome thoughts
	Impatience
	Feelings of depression
	Loss of sexual interest
	Feeling angry
	Sleep difficulties
	Forgetfulness
	Racing or intrusive thoughts
	Feeling restless
	Difficulty concentrating
	Periods of crying
	Frequent absences from work

_____ **Total for psychological symptoms**

Total Score (Add together totals for both columns) _____

0-19	Lower stress than average: Keep up the good work!
20-39	Average stress levels
40-49	Moderately higher stress than average
Over 50	Much higher stress level than average