

INDIVIDUAL STRESS PROFILE

Rate each of the following statements that reflects your personal and work habits

	Seldom/ Never	Sometimes	Often	Very Often
1. Difficulty Sleeping				
2. Restless/Unable to Relax				
3. Irritable/Angry				
4. Difficulty concentrating				
5. Loss of interest in recreational activities				
6. Prolonged/Excessive fatigue				
7. Increased worrying				
8. Health deteriorated by work				
9. Set impossible deadlines for myself				
10. Work excessively				
11. Place job demands before family				
12. Smoke cigarettes				
13. Consume alcohol excessively				
14. Take sedatives when I can't sleep				

SCORING:

If you answered:

Seldom/Never	1 point
Sometimes	2 points
Often	3 points
Very often	4 points

If your score is over 30 you are experiencing stress overload and need help NOW!