

Conscious living with subconscious principles



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PERSONAL STRESS ASSESSMENT

Name _____

Mobile Phone _____

Email _____

INSTRUCTIONS: The questions below are designed to help you to put your personal situation into perspective. *This is not a scientific survey.* The purpose of this assessment is to assist you in thinking about (evaluating) to what degree you are under stress. By putting a number to the severity of stress symptoms and behaviors, you can better understand the level of emotional and physical upset you are experiencing today.

IMPORTANT: Use the last 2 weeks as your time frame and use the following rating scale.

✓ 0 = Never

✓ 1 = Sometimes

✓ 2 = Often

✓ 3 = Very Often (*stress is negatively affecting my emotional and physical health*)

Headaches		Over-Eating or Loss of Appetite	
Lack of Energy		Diarrhea or Constipation	
Aching Neck, Shoulders, Muscle Tension		Stomach Discomfort/ Heartburn/ Indigestion	
Lower Back Pain		Difficulty Swallowing or Dry Mouth	
Tiredness, Fatigue, Lethargy		Tremors, Tics, Twitches, Shaky, Nervous	
Pounding Heart		Excessive Drinking	
Rapid Pulse		Excessive Smoking	

Increased Perspiration/Clammy Hands		Excessive Spending	
Rapid Breathing		Excessive Drug or Medication Use	
Gritting Teeth or Clenching Jaw		Feeling Hopeless or Helpless	
Grinding Teeth		Feeling Restless	
Nail Biting / Hair Pulling or Twirling / Figeting		Intrusive or Racing Thoughts	
Cold Hands and/or Feet		Worrisome Thoughts / Anxiety and/or Panic	
Nausea		Increased Irritability and/or Anger	
Hives or Skin Rash		Feeling Nervous or Anxious	
Tightness in Chest		Feeling Moody / Sad / Upset	
Impatience		Feelings of Depression	
Difficulty Sleeping		Forgetfulness	
Loss of Sexual Interest		Memory lapse/ difficulty concentrating/ indecision	
Periods of Crying		Frequent Absences from Work/lower productivity	
Loss of Sense of Humor		General Feeling of Overwhelm	
		Total Stress Symptom Score	

Determining Your Stress Rating

Your Score	And What it Demonstrates
0-19	Low
20-39	Average
40-49	Moderately High
50 and above	Severe

Disclaimer: This scale is an effective tool to measure levels of stress, providing more clarity and perspective regarding the emotional and physical consequences of unrelenting stress. Its value is to paint an overall picture of current emotional and physical upset, to better understand your current situation. **Many physical conditions and disorders can be perceived as stress, when medical attention is actually necessary. Prolonged and/or intense stress can have serious effects.** *I, Lynn Swearingen, am not a doctor and I do not diagnose, treat or cure. If you are experiencing persisting physical and/or mental conditions which are cause for worry, be sure to speak with a medical professional right away. Your health-care provider is in the best position to tell you what your symptoms mean and what you should do about them.*