

HEALTHY MIND PSYCHOLOGY UK

# HOW STRESSED ARE YOU?



**EVALUATE YOUR STRESS LEVELS AND  
LEARN HOW TO MANAGE STRESSFUL  
THOUGHTS AND FEELINGS.**

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# HOW STRESSED ARE YOU?

*evaluate your stress levels...*

Rate each item below on a scale from 1 to 5 by circling the response that best reflects your experiences over the past week.

How frequently have you felt overwhelmed by your responsibilities?

1

2

3

4

5

**Never**

**Constantly**

How easy is it for you to relax and unwind?

1

2

3

4

5

**Very easy**

**Very difficult**

How often have you experienced physical symptoms of stress (e.g. headaches, muscle tension, stomach problems)?

1

2

3

4

5

**Never**

**Constantly**

How often have you felt irritable or easily angered?

1

2

3

4

5

**Never**

**Constantly**

How well have you been sleeping?

1

2

3

4

5

**Very well**

**Very poorly**



# HOW STRESSED ARE YOU?

*reading your results*

Add up the numbers that you circled for each of the previous 10 questions to get your total stress score.

My stress total:

**50**

Key areas of difficulty that stood out to you (e.g. difficulty sleeping, physical symptoms):

Higher total scores on this questionnaire suggest a greater level of perceived stress, indicating that you may be experiencing significant challenges in coping with various stressors in your life. Lower total scores may indicate a lesser degree of perceived stress and potentially a more effective ability to manage stressors.

It's important to remember that this assessment provides just a snapshot of current stress levels and may not capture all aspects of your stress experience. Whether a score is judged 'high' or 'low' may vary based on individual factors - this questionnaire is designed to get you thinking about how stress might be impacting your life rather than being an official diagnostic tool. What is most important is how you are feeling and how well you are coping with stress at any given time.

If the total score indicates elevated stress levels or you feel you are struggling with stress, it may be beneficial to explore the stress management tips on the following pages. If you have concerns about your stress levels or mental health, it is recommended to consult with a qualified healthcare professional or mental health practitioner for personalised guidance and support.

# STRESS-BUSTING SOLUTIONS

*top tips to help you tackle stress*

## 1. Stay Active



Exercise won't make stress vanish, but it can lessen some of its emotional weight, clearing your mind and helping you approach problems with greater calmness. Engaging in physical activity can also trigger a release of neurochemicals (such as serotonin, noradrenaline and dopamine) that can help us feel more grounded and stable.

## 2. Take Control

Feeling powerless can worsen stress.

Taking control is empowering and essential for finding solutions that truly satisfy you, not just others. You might be feeling like your stress levels and experiences are something that you can't control, and whilst it may not be possible to control a whole situation, you might find that there are small elements, breaks in the periods of stress and worry, or steps you can take towards better coping that you will provide a feeling of some control.



# STRESS-BUSTING SOLUTIONS

*top tips to help you tackle stress*

## 3. Seek Connection



A supportive network of friends, family, and colleagues can ease stress and provide fresh perspectives. Social activities with friends can also promote relaxation and stress relief. Social connectedness through building meaningful relationships can also help to foster feelings of belonging within ourselves, as well as a sense of being cared for and valued.

## 4. Prioritise Time For You

With many of us leading busy demanding lives, it's important to carve out time for activities we enjoy. If you can, set aside regular periods for socialising, relaxation, or exercise to recharge. If you feel you don't have the time to spare, think about those small moments where you can make a choice to disengage with any rumination or worry internally. If you can focus your attention on taking mental breaks, and other feel-good things, you can find a small way to prioritise yourself.



# STRESS-BUSTING SOLUTIONS

*top tips to help you tackle stress*

## 5. Embrace Challenges



Setting goals and tackling new challenges, whether in work or personal pursuits, can boost confidence and resilience, helping you better manage stress. The key here is to make sure that you are setting goals that are both realistic and achievable - this way you can ensure that these extra challenges are not adding to your plate, but helping you to feel good instead.

## 6. Work Smarter

Prioritise tasks that make the most impact, leaving less important ones for later. Accept that not everything will get done, and instead focus on meaningful contributions. When considering what to prioritise, it's important to recognise the things on your to-do list that are truly capable of waiting. Make sure that you don't always find yourself caught up in a 'race' to clear every single task!



# STRESS-BUSTING SOLUTIONS

*top tips to help you tackle stress*

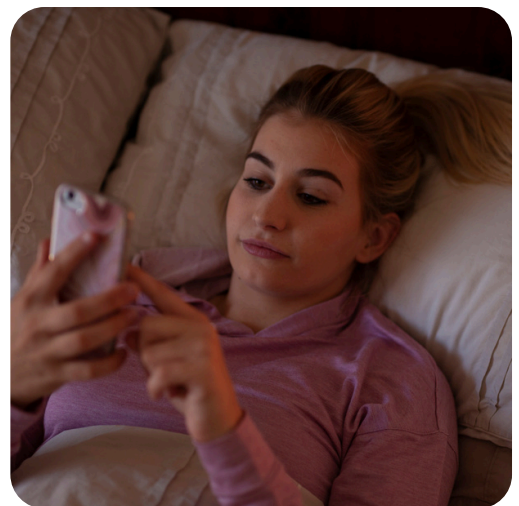
## 7. Help Others



Engaging in acts of kindness, such as volunteering, fosters resilience and mental wellbeing. If you are time limited, try to do someone a small favour every day, or commit to quality engagement with family and friends. Your time and attention may be helping them more than you think!

## 8. Avoid Unhealthy/Unhelpful Habits

Instead of relying on alcohol, smoking, or caffeine to cope with stress, address its root causes. Temporary relief from these habits can lead to long-term issues. Avoiding unhealthy habits, doesn't mean just cutting out harmful substances! It could also apply to unhelpful behaviours that we might adopt when we're feeling anxious, such as mindless scrolling or staying up late because you're trying to squeeze in more time for a 'break'. These practices can impact things like your quality of sleep, which just makes your experience of stress worse over time.





# STRESS-BUSTING SOLUTIONS

*top tips to help you tackle stress*

## 9. Cultivate Positivity



Seek out and appreciate the positives in life, practicing gratitude by noting little things that went well each day. By noting down the small joyful things in life, or by speaking to others about them, you can really focus on and enhance all the things that went well. Plus this can help build brain pathways that catch the positive rather than solely focus on the threats.

## 10. Accept What You Can't Change

While it's natural to want to alter challenging circumstances, sometimes change isn't feasible. Try to redirect your focus toward aspects you can control and the small steps you can take to feel healthier and happier. There's no point fighting something you can't change, so instead, what can you do that brings moments of joy, rest, connection, and coping- despite the stressful situation?



**FOR MORE HELP AND SUPPORT:**

[www.healthymindpsychology.co.uk/](http://www.healthymindpsychology.co.uk/)