

Stress Test



This activity is designed to bring awareness to one's perceived level of stress and increase understanding of how stress develops in our lives. The Stress Test serves to educate people on the connection between stress levels and mental health. You can use this tool on a daily, weekly, or monthly basis to compare your stress levels and to help you understand what causes you stress and how you can deal with it.

Please note that this activity is for educational purposes only and is neither a diagnostic tool nor a screening tool to determine whether you are experiencing symptoms of a mental health condition.

1

In the last month, how often have you been upset because of something that happened unexpectedly?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

2

In the last month, how often have you felt that you were unable to control the important things in your life?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

3

In the last month, how often have you felt nervous and "stressed"?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

4

In the last month, how often have you felt confident about your ability to handle your personal problems?

- NEVER [4 pts]
- ALMOST NEVER [3]
- SOMETIMES [2]
- FAIRLY OFTEN [1]
- VERY OFTEN [0]

5

In the last month, how often have you felt that things were going your way?

- NEVER [4 pts]
- ALMOST NEVER [3]
- SOMETIMES [2]
- FAIRLY OFTEN [1]
- VERY OFTEN [0]

6

In the last month, how often have you found that you could not cope with all the things that you had to do?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

7

In the last month, how often have you been able to control irritations in your life?

- NEVER [4 pts]
- ALMOST NEVER [3]
- SOMETIMES [2]
- FAIRLY OFTEN [1]
- VERY OFTEN [0]

8

In the last month, how often have you felt that you were on top of things?

- NEVER [4 pts]
- ALMOST NEVER [3]
- SOMETIMES [2]
- FAIRLY OFTEN [1]
- VERY OFTEN [0]

9

In the last month, how often have you been angered because of things that were outside of your control?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

10

In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?

- NEVER [0 pts]
- ALMOST NEVER [1]
- SOMETIMES [2]
- FAIRLY OFTEN [3]
- VERY OFTEN [4]

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Scoring

Add the scores from each question above:

SCORE

RESPONSE

0 – 6

Your stress level might be **very low**. Days like this are great for thinking about how to build your own resilience. Check out a quick video on resilience on your Not Myself Today portal at notmyselftoday.ca

7 – 13

Your stress level might be **low**. Don't forget to take time to de-stress if your day gets tense! Find ways to de-stress at notmyselftoday.ca

14 – 20

Your stress level might be **moderate**. Looks like you might need a break! Why don't you take a few minutes to learn more about how to manage stress? Go to notmyselftoday.ca

21 – 26

Your stress level might be **high**. Take some time to de-stress today and make it a priority! Find some suggestions at notmyselftoday.ca

27 +

Your stress level might be **very high**. It's a good idea to find someone you trust to talk to today. Remember, you're not alone!