Stress Level Test (Self-Assessment)

Use this short quiz to measure your stress levels.

During work hours, do you have a hard time staying focused and concentrating on the task-at-hand?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you feel pain or tension in your stomach, muscles, chest, or head?

1. Never
2. Sometimes
3. Often
4. Almost always

Have you noticed any changes in your sex drive?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you feel like withdrawing from family, friends, and isolating yourself?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you feel irritable, annoyed, or angry over trivial issues?

1. Never
2. Sometimes
3. Often
4. Almost always

How often are you able to stay focused on the present moment?

1. Never
2. Sometimes
3. Often
4. Almost always

How often do you feel overwhelmed with your life?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you fall asleep easily at night? (The average person falls asleep in 7-10 minutes.)

1. Never
2. Sometimes
3. Often
4. Almost always

On average, do you get 7-8 hours of sleep?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you turn to unhealthy food indulgences such as eating junk food, drinking excessively, or eating sugary foods/sweets when feeling overwhelmed?

1. Never
2. Sometimes
3. Often
4. Almost always

Do you experience headaches or muscle tension?

1. Never
2. Sometimes
3. Often
4. Almost always

Total your answers:

a's =

b's =

c's =

d's =

This quiz is NOT a diagnostic tool. Mental health disorders can only be diagnosed by qualified mental health professionals. If you are concerned about your stress levels or any other mental health issue you should see your GP. [Get help with stress from the NHS](https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/feelings-and-symptoms/stress/)

Eligible PACEY members can talk to a qualified counsellor and access free confidential support and advice by phone 24 hours a day, seven days a week, go to [Support in MyPACEY](https://www.pacey.org.uk/mypacey/support/legal-advice-business-and-counselling/) to find out more.