

How stressed am I ?*

Here are some questions to help you reflect on how stressed you are in your daily life.

Place a tick in the column which most clearly reflects how true each statement is for you over the last four months.

When you have answered all of the questions follow the instructions at the bottom of the table to get a total figure.

If your answer is:

Above 45

This indicates that your stress level is high. You maybe suffering physical signs of stress. You should actively take steps to manage the factors in your life that are causing you stress. Consider speaking with your GP.

35 – 44

This indicates that your stress levels are higher than recommended. There are areas in your life that are causing you stress. You should look at changes that you can make to reduce your stress levels in order to achieve a better balance.

25 – 34

This indicates that you have moderate stress levels. Try to include relaxation exercises into your daily routine or increase your levels of physical activity.

Below 25

This indicates that you are demonstrating few signs of stress. Monitor your stress levels regularly and if they begin to increase implement lifestyle changes to reduce stress levels.

Over the last 4 months how often have you	Often	Sometimes	Seldom	Never
Lost your appetite				
Constantly nibbled at snack food				
Bitten your nails, or tapped your feet or fingers				
Been restless				
Found yourself getting angry or upset				
Felt you have to work extra hard or late?				
Felt worked up & aggravated by heavy traffic or other travellers				
Been more competitive at winning in sport				
Tried hard to win arguments or get the upper hand				
Struggled for perfection				
Felt you don't spend enough time with family and friends				
Found it difficult to sleep at night				
Used alcohol when you are under pressure				
Used cigarettes to help when under pressure				
Felt trapped by your lifestyle				
Found yourself too busy to do things you enjoy doing				
Found it hard to make decisions				
Worried about your future				
Found it hard to concentrate				
Suffered from headaches				
Found yourself grumbling or moaning				
Found it difficult to laugh or smile				
Now add up the number of ticks in each column: Total				
Next multiply each column by:	x3	x2	x1	x0
Sub-total				
Now add the four columns together: Total				

*This resource is available on the Toll EAP website livewell.optum.com

Wellbeing Program

Chaplaincy and Employee Support

Contact Details

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Other Support Options

Lifeline 13 11 14

Beyond Blue 1300 224 636

Suicide Call Back Service 1300 659 467

Employee Assistance Program (EAP)

Optum 1300 361008

www.livewell.optum.com

Access code

Australia and NZ - anztollhold

Global - tollhold

