

Self-Assessment Exercise

Take the following self-assessment exercise to assess your own personal stress level.

Self-Assessment Exercise	
<p style="text-align: center;">Choose the most appropriate answer for each of the following 10 statements.</p> <p>How often do you...</p> <p style="margin-left: 40px;">(a) almost always (b) often (c) seldom (d) almost never</p>	
___ 1. find yourself with insufficient time to do things you really enjoy?	___ 6. feel overwhelmed?
___ 2. wish you had more support/assistance?	___ 7. find yourself becoming forgetful or indecisive because you have too much on your mind?
___ 3. lack of sufficient time to complete your work most effectively?	___ 8. consider yourself to be in a high-pressure situation?
___ 4. have difficulty falling asleep because you have too much on your mind?	___ 9. feel you have too much responsibility for one person?
___ 5. feel people simply expect too much from you?	___ 10. feel exhausted at the end of the day?
<p>Calculate your total score as follows: (a) = 4 points; (b) = 3 points; (c) = 2 points; (d) = 1 point Total = _____</p>	

This exercise was designed to assess your level of stress due to overload. Overload, or over-stimulation, refers to the state in which the demands around you exceed your capacity to meet them. Some aspect(s) of your life are placing excessive demands on you. When these demands exceed your ability to comply with them, you experience distress.

The four major factors in overload are (1) time pressures, (2) excessive responsibility or accountability, (3) lack of support, and (4) excessive expectations from yourself and these around you. Any one or a combination of these factors can result in stress from overload.

Your total number of points on this exercise will help you assess how stressed you are by overload. A total of 25-40 points indicates a high stress level, one that could be psychologically and physiologically debilitating.