

Stress Assessment Questionnaire

STRESS ASSESSMENT QUESTIONNAIRE

Stress can have the same impacts on physical health as physical ailments. The brain is like a muscle, if it is not worked and challenged it cannot get stronger and more resilient. This questionnaire will provide an insight into what areas need to be worked on to live a happier and healthier life.

Do you think stress could be a factor behind everything that's going on in your body?

☐ Yes ☐ No

Would you be open to having some mental toughness discussions?

☐ Yes ☐ No

How would you rate you current stress levels on a scale of 1-10?

☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5
 ☐ 6
 ☐ 7
 ☐ 8
 ☐ 9
 ☐ 10

Score each statement on a scale of 0 to 5:

I feel very stressed

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

I get stuck in low moods

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

I'm pretty hard on myself

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

I feel like something in life isn't going the way it's supposed to

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

I never seem to have time for the things that matter

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5

I'm having difficulty staying focused

☐ 0
 ☐ 1
 ☐ 2
 ☐ 3
 ☐ 4
 ☐ 5