

HOW STRESSED ARE YOU?

Tick the questions you answer yes to.

Do you

- ☐ Lack concentration?
- ☐ Become easily distracted?
- ☐ Have frequent lapses of memory?
- ☐ Take longer to do things than you used to?
- ☐ Make more mistakes than you used to?
- ☐ Appear to lack the ability to plan?
- ☐ Frequently become confused?
- ☐ Succumb to frequent emotional outbursts?
- ☐ Fall ill more frequently than you used to?
- ☐ Feel depressed and helpless?
- ☐ Have low self-esteem?
- ☐ Have difficulty speaking?
- ☐ Lack enthusiasm?
- ☐ Have low energy levels?
- ☐ Have disrupted sleep patterns?
- ☐ Have bizarre behaviour patterns?

If you answered yes to more than 4 of the above, chances are you are suffering from some degree of stress, often the ignition point for more serious disorders.

Physiological responses to stress can lead to long term conditions such as cardiovascular disorders, kidney damage, hyperglycaemia, exhaustion, weight loss, physical collapse, raised blood cholesterol, hardening of the arteries, stomach trouble, loss of body heat, blackouts, upset heart rhythm, allergic reactions and strokes. It is therefore important that we take steps to alleviate stress before it takes a more serious hold.

The following audit will help you to identify areas where you can help yourself to become less stressed.

- 1 Do you often attempt to do several things at once, e.g. make a telephone call whilst still talking to someone else, fidget on your chair and make notes all at the same time?

YES	
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NO	
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- 2 Do you feel guilty when relaxing, as if there is something you should be doing?

YES	
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NO	
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3 Do you become quickly bored when other people are talking?

YES	
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NO	
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4 Do you find yourself interrupting or finishing other people's sentences for them?

YES	
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NO	
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5 Do you try to steer conversations towards your own interests instead of listening to others?

YES	
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NO	
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6 When performing a task are you anxious to get it finished and move on to the next thing?

YES	
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NO	
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7 Are you unobservant about things not directly connected with you and what you are doing?

YES	
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NO	
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8 Do you prefer to HAVE rather than to BE?

YES	
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NO	
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9 Do you eat, walk and talk at a fast pace?

YES	
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NO	
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10 Do you find people like yourself challenging and people who take their time with things infuriating?

YES	
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NO	
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11 Are you physically tense?

YES	
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NO	
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12 Are you more interested in winning than simply taking part and enjoying the journey?

YES	
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NO	
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13 Do you find it hard to laugh at yourself?

YES	
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NO	
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14 Do you find it hard to delegate?

YES	
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NO	
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15 Do you find it almost impossible to attend meetings without speaking up?

YES	
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NO	
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16 Do you push those for whom you are responsible to achieve your own standards with little regard for their own wants and needs?

YES	
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NO	
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17 Are you unable to speak your mind at work?

YES	
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NO	
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18 Do you allow others to take responsibility for the important decisions in your life?

YES	
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NO	
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19 Do you become upset when criticised by your superiors?

YES	
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NO	
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20 Do you often finish the workday feeling you have achieved nothing?

YES	
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NO	
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21 Do you have unsettled conflicts with colleagues?

YES	
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NO	
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22 Does your workload exceed the amount of time you have available?

YES	
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NO	
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23 Are you unsure of what is expected of you?

YES	
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NO	
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24 Do you not have enough time to spend on yourself?

YES	
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NO	
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25 Do you feel there is nobody you can discuss your problems with?

YES	
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NO	
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26 Do you feel you are going nowhere in life?

YES	
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NO	
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27 Do you get bored easily at work?

YES	
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NO	
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28 Do you hate the thought of going to work?

YES	
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NO	
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29 Do you feel undervalued at work?

YES	
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NO	
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30 Do you feel you are not adequately rewarded at work for the work you do?

YES	
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NO	
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31 Do you feel that your superiors actively hinder you from doing a good job?

YES	
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NO	
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32 Do you feel you have been given the responsibility for something without the authority to carry it out?

YES	
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NO	
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Answering **NO** to these questions means that you are the most relaxed, unstressed person on the planet!

Paying attention to the questions for which you answered **YES** will help you to significantly reduce your stress levels and maintain your health.

TIPS

- Pay attention to your diet – make sure it's balanced. Aim towards 70% complex carbohydrate (not simple sugars), 15% protein and 15% fats (omega 3 and omega 6 fats NOT hydrogenated).
- Cut down on stimulants – tea, coffee, cigarettes, alcohol
- Exercise regularly
- Take up some form of well-being regime e.g. Yoga, Tai Chi, Running.
- Don't take negative criticism personally
- Share your problems with someone
- Laugh more often - particularly at yourself
- Allow time for your friends and family
- Reduce the amount and frequency of work you take home
- Set well-being goals
- Avoid procrastination – take decisions and act on them
- Learn to say 'No'
- Stop worrying about things over which you have no control
- Take up a hobby

ACTION PLAN

ACTION	WHEN	FREQUENCY

contact www.net-coach.net for personal stress coaching over the internet