

Stress Assessment

How you react to stress is very personal. This assessment reviews how stress manifests itself physically, energetically, mentally, and emotionally. Check off the situations that you generally experience.

Situational and Environmental Stressors

	Exposure to dangerous neighborhoods, abusive homes, and/or war zones
	Deadlines
	Traffic jams, parking problems
	Too much to do, too little time
	Waiting
	Running Late
	Financial problems
	Health related problems (health crisis, illness)
	Media overload (Internet, social media, emails, texts, TV, radio)
	Equipment breakdowns
	Loud or distracting noises that startle you or get on your nerves
	Losing things
	Weather related problems
	Local and world news, politics
	Unsatisfying work
	Unemployment or underemployment
	Life changes and adjustments (Marriage, divorce, birth, graduation, retirement, death of a loved one)
	Problems with family, friends, or coworkers (Poor communication, disagreements)
	Caring for children, parents, or a sick family member or friend
	Everyday responsibilities (paying bills, home and car maintenance, chores)
	Other

Physical Symptoms

	Tension Headaches
	Sweaty palms
	Sleep problems (too much, too little, inability to get to sleep or stay asleep)
	Fatigue, lethargy
	Clumsiness, being accident-prone
	Back pain
	Stomach aches, indigestion
	Diarrhea or constipation
	Skin rashes
	Frequent blushing
	Dry mouth
	Muscle tension
	Cold hands or feet
	Grinding teeth, jaw tension
	Nutritional problems (inadequate nutrition, eating too much or too little)
	Substance abuse (alcohol, tobacco, and prescription or illegal drugs)
	Feeling ill at ease
	Feeling ungrounded, uprooted, or disconnected
	Numbness
	Feeling empty
	Other

Energy Body Symptoms

	Shallow breathing
	Arrhythmic, uneven breathing
	Upper chest instead of abdominal breathing
	Fast breathing (12-16 breaths per minute is average for adults at rest)
	Holding your breath
	Sighing
	Inhalations longer than exhalations
	Mouth breathing (unless physically necessary)
	Either the right or left nostril dominates breathing
	One or both nostrils are typically blocked
	Feeling tired often
	Feeling hyper or restless often
	Other

Psychological Symptoms

	Feeling edgy, nervous, or uneasy
	Depression
	Crying frequently or unexpectedly
	Feeling pressure
	Anger
	Dissatisfaction
	Apathy
	Tension
	Fear
	Embarrassment
	Guilt

	Sadness
	Losing your temper
	Withdrawing from others
	Being argumentative, critical or bossy
	Confusion
	Forgetfulness or memory loss, foggy thinking
	Constant worry
	Boredom
	Indecision
	Irrational thoughts
	Making too many mistakes or errors
	Unwanted thoughts
	Decrease in attention span
	Feeling scattered
	Obsessing
	Easily distractible
	Other

Belief Symptoms

	I am not enough/ I feel unworthy
	I often feel unsafe
	I often deny or ignore my needs
	I often feel numb, dull, or unsure of my emotions
	I hold a lot of regrets and guilt
	I have a poor opinion of myself
	I often feel shame

	I believe I am unlovable
	I carry a lot of grief
	It's hard for me to forgive
	It's hard to express myself truthfully or kindly
	It's hard for me to see the big picture
	I rarely use or trust my intuition
	I don't think I am smart enough
	I hold on and have attachments
	I feel unconnected spiritually
	Other

Analyze your stressors and symptoms. Take time to look at your main stressors carefully to help you know where to concentrate your efforts for the biggest impact on gaining stress relief. Focus your attention on the categories that have 5 or more items checked. These areas indicate the types of stress that are pervasive in your life.

1. What categories are predominant for you?
2. Did you notice any surprises? What are they?
3. Are there trends? Name them.
4. What self-care measures can you undertake?
5. Is it time for outside help?

Stress Assessment from Yoga Nidra for Complete Relaxation and Stress Relief by Julie Lusk, MEd,
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