

## **STRESS TEST**

\* Adapted by The Workplace Stress Scale, The Marlin Company, North Haven, CT and the American Institute of Stress, Yonkers, NY

**Thinking about your current job, how often does each of the following statements describe how you feel?**

Rate using the following scale:

1=Never

2=Rarely

3=Sometimes

4=Often

5=Very Often

1. Conditions at work are unpleasant or sometimes even unsafe due to relationship and/or communication issues.
2. I feel that my job is negatively affecting my physical or emotional well being.
3. I have too much work to do, too many emails to keep up with and/or too many unreasonable deadlines.
4. I struggle in my assertiveness and find it difficult to express my opinions or feelings about my job conditions to my superiors or colleagues.
5. I feel that job pressures interfere with my family or personal life.
6. I have adequate control or input over my work duties.
7. I receive appropriate recognition or rewards for good performance.
8. I am able to utilize my skills and talents to the fullest extent at work.

### Scoring Your Test:

	Never	Rarely	Sometimes	Often	Very Often
1.	1	2	3	4	5
2.	1	2	3	4	5
3.	1	2	3	4	5
4.	1	2	3	4	5
5.	1	2	3	4	5
6.	5	4	3	2	1
7.	5	4	3	2	1
8.	5	4	3	2	1

**Total score of 15 or lower (33% of us): Chilled out** and relatively calm. Stress isn't much of an issue.

**Total score of 16 to 20 (35%): Fairly low.** Coping should be a breeze, but you probably have a tough day now and then. Still, count your blessings.

**Total score of 21-25 (21%): Moderate stress.** Some things about your job are likely to be pretty stressful, but probably not much more than most people experience and are able to cope with. Concentrate on seeing what can be done to reduce items with the worst scores.

**Total score of 26-30 (9%): Severe.** You may still be able to cope, but life at work can sometimes be miserable. Several of your scores are probably extreme. You could be in the wrong job, or even in the right job but at the wrong time, and might benefit from counseling.

**Total score of 31-40 (2%): Stress level is potentially dangerous** – more so the higher your score. You should seek professional assistance, especially if you feel your health is affected, or you might need to consider a job change.