

Welfare Questionnaire

Being aware of the amount of Stress in our lives affords us the opportunity to do something positive about it!

Stress varies according to both internal and external factors, and may vary across any period of time, for instance from one day to the next, or one month to the next, and so on.

For each of the statements below allocate a score of 1 – 3, as follows:

1 – This is seldom or never true for me

2 – This is often true for me

3 – This is always true for me

Add up your score.

I feel tired even when I have slept well.	<input type="text"/>	I am very competitive, at work and in sports.	<input type="text"/>
I lie awake at night worrying about my problems.	<input type="text"/>	I am critical of others even when I know they do not deserve this.	<input type="text"/>
I drink alcohol on more than 3 days each week.	<input type="text"/>	I am easily annoyed by trivial problems	<input type="text"/>
I often exceed the speed limit when driving.	<input type="text"/>	If I am upset by others, I tend to hide my feelings.	<input type="text"/>
I skip meals or eat in a hurry.	<input type="text"/>	I become irritable with others easily.	<input type="text"/>
I eat 'junk' food regularly.	<input type="text"/>	I talk quickly.	<input type="text"/>
I smoke cigarettes.	<input type="text"/>	I interrupt people who don't get to the point quickly.	<input type="text"/>
I take on more work than I can really handle.	<input type="text"/>	I am always in a hurry.	<input type="text"/>
I underestimate the time needed to complete tasks / work.	<input type="text"/>	I find it hard to make important decisions.	<input type="text"/>
It is better for me to do a job myself than to delegate.	<input type="text"/>	I feel as if I have little control over my life.	<input type="text"/>
I strive for perfection in my work.	<input type="text"/>	I ignore problems, hoping they will sort themselves out in time.	<input type="text"/>
		Total score	<input type="text"/>

Interpreting your score

22 - 30	You are fairly laid back. Your stress levels are low, and this could lead to boredom. Perhaps a new challenge would be motivating.
31 - 45	You have a reasonable balance, but be vigilant and make adjustments before stress takes hold.
46 - 57	You are highly susceptible to stress. You are working hard but may not be achieving as much as you could as stress affects your concentration levels.
58 +	You may now feel you are too busy to be stressed! You are at a critical level and should take action to redress the balance now!