

# How stressed am I?

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	Yes	No	Sometimes
I often feel worried, fearful or anxious	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have physical signs of tension, such as: tight or painful muscles, heart pounding, heartburn and chronic indigestion, dry mouth, feeling 'wound up', racing thoughts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I usually try to get things done as perfectly as I can	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I sometimes feel my life is getting out of my control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often worry about not getting enough done	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I'm unsure what you really mean by relaxation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I find it hard to find time for enjoyable or restful activities	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I often rely on 'props' to help me cope day to day, such as alcohol, coffee, cigarettes etc	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>