

Are You Ready To Scream?

QUESTION	ALWAYS	OCCASIONALLY	RARELY
1. I feel tense, anxious, or have nervous indigestion.	2	1	0
2. I tire more easily.	2	1	0
3. People at work/home arouse my tension.	2	1	0
4. Lately, people have told me "You don't look so good."	2	1	0
5. I eat, drink or smoke in response to tension.	2	1	0
6. I am often overwhelmed with sadness.	2	1	0
7. I have tension or migraine headaches, or pain in the neck or shoulders, or insomnia.	2	1	0
8. I have been forgetting (appointments, deadlines, personal possessions).	2	1	0
9. I can't turn off my thoughts at night or on weekends long enough to feel relaxed and refreshed the next day.	2	1	0
10. I am seeing close friends and family members less frequently.	2	1	0
11. I find it difficult to concentrate on what I'm doing because of worrying about other things.	2	1	0
12. I feel disoriented when the activities of the day come to a halt.	2	1	0
13. I take tranquilizers or other drugs to relax.	2	1	0
14. Sex seems to be more trouble than it's worth.	2	1	0
15. I have a difficult time finding enough time to relax.	2	1	0
16. I'm more irritable and short-tempered.	2	1	0
17. Once I find time, it is hard for me to relax.	2	1	0
18. I'm more disappointed in people around me.	2	1	0
19. My workday is made up of many deadlines.	2	1	0
20. Joy seems to be more elusive.	2	1	0

<u>SCORE</u>	<u>TENSION LEVEL</u>
30 – 40	Considerably above average – You're in a dangerous place
20 – 30	Above average – Candidate for burnout
10 – 20	Average
5 – 10	Below average
0 – 5	Dead

For help on managing your stress, contact Intermountain Employee Assistance Program at 1.800.832.7733. This service is free and confidential.

Visit our website at intermountainhealthcare.org/eap