

10 Step Check-Up for Mental Health

1 How would you rank your energy levels?	<ul style="list-style-type: none"> Rank 1-10 with 1 being "I barely have enough energy to get out of bed in the morning" and 10 being "I am full to the top from when I get up to when I go to bed." 	0 - 4 = +2 5 = +1 6 - 10 = 0
2 How would you best describe your workload?	<ul style="list-style-type: none"> Sometimes I don't have enough to do so I can spread some projects out What they give me to do, and the time to do it works out just right I really have to push myself, but I always get things done I feel like the harder I work the farther I fall behind 	-1 0 +1 +2
3 Do you experience any of the following on a regular basis?	<ul style="list-style-type: none"> Headache Chest pain Tight, dry throat Digestive problems Increased perspiration Skin irritation Clenched jaw, grinding teeth, muscle aches in the back and neck 	+1 each
4 How would you describe your body weight?	<ul style="list-style-type: none"> It has been consistently where it is for a long time I have recently been gaining weight (Why?) I have recently been losing weight (Why?) 	0 +1 +1
5 Which of these statements fits you best?	<ul style="list-style-type: none"> I enjoy life and what I do, I have no problem getting things done I try to get everything done, but others make it difficult It seems the more I do the farther I fall behind I try hard, but things have become more confusing, I forget more It is tough to get things done, I am always restless and worrying 	0 +1 +2 +2 +3
6 To wind down at the end of a difficult day you:	<ul style="list-style-type: none"> Smoke or chew tobacco (+2) Drink 2+ alcoholic drinks (+2) Exercise (-2) Recreational Activities (-2) Watch 2+ hours of television (+1) Eat comfort food outside of meal times (+1) Spend time with family or friends (0) Spend time alone (0) 	
7 Do you think any of these apply to you?	<ul style="list-style-type: none"> I tend to lose my temper easily without reason I feel burnt out I sometimes feel down, blue, or sad for up to 2-3 weeks at a time I feel guilty about work or my personal life I occasionally have crying spells, sometimes for no reason 	+1 each
8 Which of the following best describes your sleeping habits?	<ul style="list-style-type: none"> I feel well rested each morning I have trouble getting to sleep, and when I do I wake up easily and often I don't get much sleep during the week, I try to make up for it on the weekends 	-1 +1 +2
9 Which statement best describes your recent interactions with others?	<ul style="list-style-type: none"> I get along well and communicate effectively with others I feel easily frustrated and communication with others is difficult I avoid contact with others so I do not have a conflict 	0 +2 +2
10 Do you have a chronic illness?	<ul style="list-style-type: none"> If yes: Why? Is there an understood link to stress? (e.g., "When I am stressed I have more asthma attacks") 	+1 +2

Scoring Your Results:

0-6 = Mild Stress Effects
 7-12 = Moderate Stress Effects
 13+ = High Stress Effects

My Score: