

Stress Test

Tension at work, tension at home; everyone knows of situations where people live or work under great pressure. Are you sensitive to stress?

This test will tell you how stress-resistant you are.

Please fill in the extent to which each statement applies to your situation. The test will take around 10 minutes. Afterwards, you can read the results and options for a follow-up. *)

Personal score sheet

True:	completely	often	sometimes	not at all
1. I am easily irritated by others.				
2. I cannot express my emotions properly.				
3. I am rarely sure of myself.				
4. I am in a hurry to get things done.				
5. I worry for a long time about things that have happened.				
6. I find it difficult to distance myself from work in my spare time.				
7. I think that the future looks bleak.				
8. I hesitate to make decisions.				
9. I am easily frightened.				
10. I get upset quickly.				
11. I feel lonely.				
12. I am sensitive to weather conditions.				
13. I am dissatisfied with most of my performance.				
14. I lose my patience quickly.				

*) When ticking choices, your total score is calculated. This can be found at the top of page 3. This may not work because of your browser settings, in which case the score will remain at zero and a message will appear at the top stating that 'JavaScript is disabled'. Click 'Options' to the right of that notification and choose 'Enable JavaScript once for this document'. Save the changes and the test is ready.

Note: saving will delete all of your answers, so do this before you start the test!

	True	completely	often	sometimes	not at all
15. I think I smoke too much.					
16. I have little self-confidence.					
17. I cannot think properly in difficult situations.					
18. I feel rushed at work.					
19. I don't sleep well.					
20. I like being one of the best and most successful people.					
21. I drink more than I should					
22. I find it difficult to relax.					
23. I have difficulty concentrating.					
24. I don't exercise enough.					
25. I feel like I'm under constant time pressure.					
26. I am sensitive to noise.					
27. I get headaches easily.					
28. I often get clammy hands.					
29. I cannot deal with criticism.					
30. I often get overly scared.					
31. I distrust many people around me.					
32. I regularly have an upset stomach.					
33. I allow my life to be controlled by others or my environment too much.					

Stress Test results

Your score is



If your score still reads zero, check your settings.
See the instructions at the bottom of this test. *)

0 – 9

You are stress-resistant and well balanced. Continue to exercise enough and ensure variation in relaxation afterwards.

10 – 22

You are sufficiently stress-resistant, look for weaknesses or habits that need more attention. You are aware of your balance and how to maintain it. Keep it up.

23 – 32

Early stress symptoms are visible. You should work on stress resistance more actively. Consciously look for opportunities for improvement and ensure that you balance exercise and relaxation. It is important to take your emerging stress symptoms seriously and work on improving them. You can take action to reduce your stress symptoms.

33 – 46

The stress symptoms you are experiencing are becoming troublesome. Discuss your stress symptoms with your manager, colleagues and/or friends. You should take a critical look at the solutions available for work or private life. If you are concerned about your balance, click [here](#) to request a consultation with a Gimd corporate social worker.

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Your stress symptoms dominate your work and private life. Your life is out of balance. You need help. You can click [here](#) to request a consultation with a Gimd corporate social worker.

Follow up with the corporate social worker

After you completed the stress test, you discuss the results with the corporate social worker. You will talk about the different factors that affect your well-being, lifestyle and current balance. If the corporate social worker determines that you need support to prevent absence and restore a healthy work-life balance, your employer will be informed (in consultation with you) that follow-up consultations with the corporate social worker are advised.

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