Stress Screening Test Results

Professional. Relaxation is vital to provide stress relief and improve your health.

Your stress level is dangerously high. You are experiencing stress overload and your health and quality of life are suffering. It is essential to seek support, such as speaking with a mental health professional. Relaxation is very important to help to alleviate the health problems caused by stress. Please speak with a health professional if you have any concerns about your health. See www.innerhealthstudio.com/disclaimer.

For more information about stress relief, please visit www.innerhealthstudio.com.

Please fill out the checklists below, then add up your scores to interpret your test results on the last page. Your answers are completely indicated per column and write the number of checkmarks in each category.

### How to Calculate your Stress Screening Test Score

Complete the checklists, then add up the number of checkmarks in each category.

Multiply by the number of points indicated per column and write the total points per column here.

Add all 5 column totals to get the overall the category total.

Transfer each category total in the spaces here.

Add all four categories together to calculate your overall score.

### Stress Screening Test Results

Please write your total scores for each category in the spaces below. Scores of may signal your overall score.

For more symptom scores, please visit www.innerhealthstudio.com.

| Symptoms | 14 |
| Coping Behaviors and Habits | 3 |
| Stressors | 15 |
| Life Events | 8 |

Add together for overall TOTAL SCORE 43

0 - 30 Low Stress

Your stress is probably at a manageable level right now. You are effective in coping with stress.

61 - 80 Severe Stress

Symptoms and counteract the harmful effects of stress.

Your stress level before it gets even higher. Relaxation techniques can provide relief from stress symptoms and prevent stress-related health problems. You are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

Your stress is probably at a manageable level right now. You are effectively coping with stress and are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

You may be starting to experience symptoms of stress. It is important to manage the stress now while you are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

Your stress is probably at a manageable level right now. You are effectively coping with stress and are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

You are experiencing a moderate level of stress. Your symptoms are probably interfering with your regular activities. It is advisable to seek support, such as speaking with a mental health professional. Relaxation can help eliminate or reduce stress symptoms and prevent stress-related health problems. You are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

You are experiencing a moderate level of stress. Your symptoms are probably interfering with your regular activities. It is advisable to seek support, such as speaking with a mental health professional. Relaxation can help eliminate or reduce stress symptoms and prevent stress-related health problems. You are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

Your stress level is severe right now, and must be managed immediately to avoid stress induced health problems. You are probably experiencing a high number of stressful situations and many stress symptoms. It is advisable to seek support, such as speaking with a mental health professional. Relaxation can help eliminate or reduce stress symptoms and prevent stress-related health problems. You are probably comfortable with your circumstances over the past two weeks. Relaxation has a protective effect on your health.

Your stress level is extremely high, and suggests extreme stress overload. You are probably experiencing stress induced health problems. It is important to seek support, such as speaking with a mental health professional. Relaxation is very important to help to alleviate the health problems caused by stress. Please speak with a health professional if you have any concerns about your health. See www.innerhealthstudio.com/disclaimer.

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### Symptoms

- Changes in appetite
- Difficulty concentrating
- Irritability
- Low mood
- Tension
- Headaches
- Memory problems
- Pain

### Coping Behaviors and Habits

- Low mood
- Irritability
- Difficulty concentrating
- Tension
- Headaches
- Memory problems
- Pain

### Stressors

- Low mood
- Irritability
- Difficulty concentrating
- Tension
- Headaches
- Memory problems
- Pain

### Life Events

- Low mood
- Irritability
- Difficulty concentrating
- Tension
- Headaches
- Memory problems
- Pain

### Points for each column

- None: 0 points
- Mild: 1 point
- Moderate: 2 points
- Severe: 3 points
- Extreme: 4 points

### Points per column

- None: 0 points
- Mild: 1 point
- Moderate: 2 points
- Severe: 3 points
- Extreme: 4 points

### Total Score

17