

### **Stress Questionnaire**

How do you know if you are stressed? What does stress feel or look like to you? Consider this before answering these questions.

- 1) Do you feel as if there is painful muscle tension in your upper body?  
Yes/No
- 2) Do you find yourself easily flustered or short tempered?  
Yes/No
- 3) Do you have tension headaches?  
Yes/No
- 4) Is your sleep interrupted or of poor quality?  
Yes/No
- 5) Are you aware that you grind your teeth?  
Yes/No
- 6) Do you have periodic psoriasis?  
Yes/No
- 7) Do you have periodic Tinnitus?  
Yes/No
- 8) Do you find it difficult to concentrate?  
Yes/No
- 9) Do you find it difficult to instantly recall?  
Yes/No
- 10) Do you sometimes lose your voice?  
Yes/No

If you answer Yes to 3 or more of these questions, it is likely that stress is playing some part in your life. Contact us for more information

[www.calmhorizon.co.uk](http://www.calmhorizon.co.uk)