Look for indicators of stress and indicate if the levels of stress is very high (score=5), high (score=4), medium (score =3), low (score=2), or very low (score=1).

The psychological aspects of stress refer to the mental and emotional states that occur when an individual perceives a situation as challenging, threatening, or overwhelming. Stress can cause irritability, anger, anxiety, nervousness, frustration, fear, and sadness. Certain words and phrases might indicate that the speaker is experiencing stress. Here are some examples:

- "Overwhelmed": "I'm completely overwhelmed with all my tasks."

- "Can't handle": "I just can't handle any more bad news right now."

- "Too much": "Everything is becoming too much for me to deal with."

- "Exhausted" or "Drained": "I'm mentally exhausted from all the stress at work."

- "Anxious": "I'm feeling really anxious about this upcoming meeting."

- "Worried": "I'm constantly worried about my job security."

- "Fearful": "I'm fearful that I won't meet my deadlines."

- "Irritable": "I've been so irritable lately because of the pressure I'm under."

- "Hopeless": "The situation feels hopeless, no matter how hard I try."

- "Impossible": "The expectations placed on me are impossible to meet."

- "Trapped": "I feel trapped in my current situation."

Other verbal cues for stress include themes of worry, difficulty, pressure, or overload. Look for specific words that typically express worry (e.g., "concerned," "anxious," "fearful"), difficulty (e.g., "hard," "struggling," "challenging"), pressure (e.g., "urgent," "demanding," "forced"), or overload (e.g., "overwhelmed," "exhausted," "swamped").

Stress can also be indicated by negative sentiment which can be detected through verbal cues including:

- Frequent use of negative words such as "can't," "won't," "never," "bad," "fail," "worse," "no," and "problem."

- Expressing dissatisfaction, grievances, or criticism towards people, situations, or oneself.

- Statements that reflect a general lack of hope or expectation for positive outcomes.

- Using phrases that suggest resignation or acceptance of failure, like "it's pointless," or "what's the use?"

- Assigning fault to others or external circumstances frequently.

- Using words like "always," "never," or "every" to generalize situations negatively (e.g., "This always happens to me").

Very high stress (5):

Repeated statements expressing being overwhelmed, unable to cope, exhausted, or at the breaking point.

Frequent expressions of intense emotions like fear, panic, rage, or despair.

Talking about the situation as impossible, doomed, a crisis, or catastrophizing.

High stress (4):

Expressions of being very worried, anxious, or tense about the situation.

Statements indicating a lot of pressure and difficulty handling demands.

High frequency of negative emotion words like "stressed," "miserable," "dread."

Much blaming of external factors for problems.

Medium stress (3):

Occasional statements about feeling stressed, pressured, or nervous.

Some complaints about challenges, workload, or dissatisfaction.

Moderate amount of negative sentiment and emotional words.

Low stress (2):

Rarely expresses feeling stressed, only mild concern.

May mention issues but without strong emotional language.

Only slightly more negative than positive sentiment.

Very low stress (1):

Virtually no verbal cues indicating stress.

Very little negative sentiment expressed.

Predominantly positive or neutral language.