

# Stress Self-Assessment Questionnaire

**Purpose:**

This self-assessment tool is designed to help you reflect on potential sources of stress in your personal and workplace environment.

**Instructions:**

For each item below, indicate how often you experience this situation using the scale provided.

Item	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
Section A: Workplace Stress Factors 19					
I have too much work to do within the time available.			0		
I have unclear or conflicting job expectations.				0	
I receive little or no recognition for my work.			0		
I experience poor communication with my supervisor or colleagues.			0		
I feel a lack of control over decisions affecting my work.					0
My work-life balance is difficult to manage.	0				

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Item	Never (1)	Rarely (2)	Sometimes (3)	Often (4)	Always (5)
Section B: Personal Stress Factors 11					
I have financial concerns or difficulties.	•				
I feel overwhelmed with family or personal responsibilities.	•				
I do not have enough time for relaxation or hobbies.		•			
I experience frequent health-related issues (e.g., fatigue, headaches).		•			
I have limited social support from family or friends.			•		
I often feel anxious, worried, or emotionally drained.		•			

## Scoring and Reflection:

1. Add up your scores for Section A and Section B separately.
2. Identify the top 2 stress factors from each section based on your highest scores.
3. Reflect on the following questions:
  - What surprised you about your responses?
  - Are there any areas where you would like to make changes or seek support?
  - How might this awareness guide your stress management strategies?