

Stress Scale (1-10)

1 - totally relaxed, no worries, calm and in control	6 - I'm becoming more overwhelmed and starting to feel stress in my body (restlessness, tight shoulders, thoughts becoming jumbled)
2 - slight awareness of responsibilities. Nothing is pressing. I am composed.	7 - Concentration is more difficult. I'm becoming emotionally reactive, easily irritated.
3 - I have things to do, but nothing is overwhelming. I am maintaining focus on my tasks.	8 - I feel out of control. Tasks seem unmanagable. I'm mentally and physically exhausted. At this point, I am unable to complete any homework.
4 - Pressue has increased, I have more work to do but I'm managing well.	9 - I'm barely holding it together. Panic irritability, physical symptoms of stress.
5 - Busy and slightly anxious. In need of a break.	10 - I am in crisis, totally overwhelmed. May involve panic attacks, shutdown, or emotional breakdown.