



# PRAIRIE MOUNTAIN HEALTH

## Are you stressed?

Please read each statement and circle a number, 0, 1, 2, or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers.

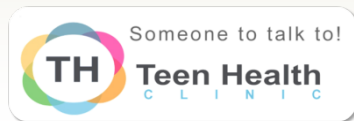
The rating scale is as follows:

- 0 – Did not apply to me at all
- 1 – Applied to me to some degree, or some of the time
- 2 – Applied to me a considerable degree, or a good part of the time
- 3 – Applied to me very much, or most of the time

- |   |         |
|---|---------|
| 1. I found myself getting upset by quite trivial things                                     | 0 1 2 3 |
| 2. I tended to over-react to situations   | 0 1 2 3 |
| 3. I found it difficult to relax  | 0 1 2 3 |
| 4. I found myself getting upset rather easily   | 0 1 2 3 |
| 5. I felt that I was using a lot of nervous energy  | 0 1 2 3 |
| 6. I found myself getting impatient when I was delayed in any way (e.g. Being left waiting) | 0 1 2 3 |
| 7. I felt that I was rather touchy  | 0 1 2 3 |
| 8. I found it hard to wind down   | 0 1 2 3 |
| 9. I found that I was very irritable  | 0 1 2 3 |
| 10. I found it hard to calm down after something upset me                                   | 0 1 2 3 |
| 11. I found it difficult to tolerate interruptions to what I was doing                      | 0 1 2 3 |
| 12. I felt I was in a state of nervous tension  | 0 1 2 3 |
| 13. I was intolerant of anything that kept me from getting on with what I was doing         | 0 1 2 3 |
| 14. I found myself getting agitated   | 0 1 2 3 |

Flip over to see what your score means! Grand Total \_\_\_\_\_

Reference: Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety Stress Scales. (2nd Ed) Sydney: Psychology Foundation.



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## PRAIRIE MOUNTAIN HEALTH

### What does your score mean?

0 – 14 – This is a normal level of stress. Continue to monitor your stress levels to make sure you can manage everything life throws your way.

15 – 18 – This is a mild level of stress. Monitor your stress level to make sure it doesn't go higher. Try to minimize your stress using relaxation techniques (see Teen Health Clinic handout "Decreasing your stress") or doing something you enjoy.

19 – 25 – You have a moderate level of stress. It may be helpful to talk with someone about ways to decrease your stress. High levels of stress can lead to other mental health problems such as anxiety or depression.

26 – 33 - You have a severe level of stress in your life. You have probably noticed that your stress level is interfering with different areas of your life such as school, home, relationships and work. Use the resources below to talk to someone that can help. You can always stop by the Teen Health Clinic while they are in your school.

34 + - This is an extremely severe level of stress. Talk to someone you trust right away to help you. There are people who can help, and you do not have to go through this alone. The resources listed below are a good place to start. You can also talk to your doctor or nurse practitioner, parent, guidance counselor - or stop by the Teen Health Clinic. Take your health seriously and talk to a professional right away.

### Where to get help

Date of Issue: August 2014  
Date of Revision:

PMH264



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