

Your current stress level

This questionnaire helps you assess how much you are currently affected by stress.

The questions ask about your feelings and thoughts **during the last month**.

Although some of the questions seem very similar, there are differences between them and you should treat each one as a separate question. The best approach is to answer fairly quickly, without thinking too much about it.

1. In the last month, how often have you been upset because of something that happened unexpectedly?



2. In the last month, how often have you felt that you were unable to control the important things in your life?



3. In the last month, how often have you felt nervous or stressed?



4. In the last month, how often have you felt confident about your ability to handle your personal problems? *



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5. In the last month, how often have you felt that things were going your way? *



6. In the last month, how often have you found that you could not cope with all the things you had to do?



7. In the last month, how often have you been able to control irritations in your life? *



8. In the last month, how often have you felt you were on top of things? *



9. In the last month, how often have you been angered because of things that happened that were outside of your control?



10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?



Results

Once you've answered all the questions, go back and calculate your score to figure out where you sit on the stress scale. Each answer you've chosen has a score based on the Perceived Stress Scale (PSS):

Never - 0

Almost never - 1

Sometimes - 2

Fairly often - 3

Very often - 4

Add up all your answers and then see which range — low stress, moderate stress, high stress — matches yours. Your individual score can range from 0 to 40. Higher scores indicate higher perceived stress.

* Reverse your scores for questions 4, 5, 7, and 8. On these 4 questions, change the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, 4 = 0.

LOW STRESS

SCORE: 0 - 10

You currently experience low stress. That's great! Why not learn about stress management while you are relatively relaxed. You might feel more ready to make some lifestyle changes that can build up your resilience. Prevention is key for a happy mind and healthy body!

MODERATE STRESS

SCORE: 14 - 26

You're experiencing moderate stress at the moment. It's still a good idea to take the time to learn more about managing stress. Learning how to deal differently with stress, and building your resilience, will support you in finding balance.

HIGH STRESS

SCORE: 27 - 40

You're experiencing high stress at the moment. You're feeling overwhelmed or exhausted. It's important that you take this seriously and give yourself a break. If you face a life crisis or an overwhelming stressor, it's important to cultivate certain habits and integrate certain techniques into your life, for example mindfulness and improving sleep. Sometimes, speaking to a professional is required.

What to do next

Keeping track of your stress level is crucial to maintaining positive mental health. It's a good idea to take a weekly or monthly stress check and note it down somewhere.

Doing this allows you to look back and see how your stress level changes over time.

Noting down what external circumstances were connected with certain stress levels can help you identify certain triggers.

If you feel comfortable doing so, share your stress score with your manager or HR team.

For more information about how to improve and protect mental well-being at work, check out nilo.health.

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