



## Are you stressed?

This test is not meant to replace a clinical assessment – these questions are intended to help you understand how you are doing. Keep track of how many questions you select “yes” to, and add up your score, giving 1 point for each “yes”. Use the score key at the end of the survey.

**Answer these 21 “yes or no” questions about how you’re feeling today.**

1. Have you been eating less healthy than usual?

Yes            No

2. Have you been feeling like you have to do everything yourself?

Yes            No

3. Have you been more irritable lately?

Yes            No

4. Do you find yourself setting unrealistic goals?

Yes            No

5. Has it been difficult to enjoy humor and entertainment?

Yes            No

6. Do find yourself “blowing up” more easily?

Yes            No

7. Does everything feel like a “big deal” lately?

Yes            No

8. Are you feeling disorganized?

Yes            No

9. Have you been keeping things inside?

Yes            No

10. Have you been neglecting exercise?

Yes                  No

11. Do you have few supportive relationships?

Yes                  No

12. Have you been getting too little/too much rest?

Yes                  No

13. Are you having less patience, and find waiting irritating?

Yes                  No

14. Have you been neglecting your health and wellness?

Yes                  No

15. Do you find yourself procrastinating more?

Yes                  No

16. Do you frequently think there is only one right way to do something?

Yes                  No

17. Do you have an absence of enjoyable activities in your life?

Yes                  No

18. Have you been more fixated on negative things that happened in the past?

Yes                  No

19. Do you wake up feeling anxious?

Yes                  No

20. Do you often feel unable to cope with all you have to do?

Yes                  No

21. Are you caring for an elderly or ill relative?

Yes                  No

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Add up the questions you answered “yes” to.

Your score today is = \_\_\_\_\_

Scores of 1 – 12: Seems like you’re managing pretty well! If you feel you could benefit from additional resources to help manage stress, please visit [www.uft.org/member-assistance-program](http://www.uft.org/member-assistance-program) where you will find resource options that have been added specifically to help you manage your feelings during this unprecedented period of time.

Scores of 13+: Stressed out! Please reach out to MAP at 212-701-9620, or email [mapinfo@uft.org](mailto:mapinfo@uft.org) to confidentially speak with a counselor. Speaking to a live person is key. We can help you talk through what’s going on for you and come up with specific ways to help manage the stress.