

STRESS INDICATORS QUESTIONNAIRE

This questionnaire will show how stress affects different parts of your life. Circle the response which best indicates how often you experience each stress indicator during a typical week.

When you have answered all the questions add the point totals for each section.

- 5- Almost Always (on five days a week)
- 4- Most of the time (on three days a week)
- 3- Some of the time (on one and one-half days a week)
- 2- Almost never (less than two hours a week)
- 1- Never

PHYSICAL INDICATORS: How often would you say:

| | Almost always | Most of the time | Some of the time | Almost never | Never |
|--|------------------|------------------------|------------------------|-----------------|-------|
| My body feels tense all over. | 5 | 4 | 3 | 2 | 1 |
| I have a nervous sweat or sweaty palms. | 5 | 4 | 3 | 2 | 1 |
| I have a hard time feeling really relaxed. | 5 | 4 | 3 | 2 | 1 |
| I have severe or chronic lower back pain. | 5 | 4 | 3 | 2 | 1 |
| I get severe or chronic headaches. | 5 | 4 | 3 | 2 | 1 |
| I get tension or muscle spasms in my face, jaw, neck or shoulders. | 5 | 4 | 3 | 2 | 1 |
| My stomach quivers or feels upset. | 5 | 4 | 3 | 2 | 1 |
| I get skin rashes or itching. | 5 | 4 | 3 | 2 | 1 |

Stress Indicators Questionnaire Nbanh

J Dewey



Stress Indicators Questionnaire Nbanh:

Unveiling the Magic of Words: A Report on "**Stress Indicators Questionnaire Nbanh**"

In some sort of defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Stress Indicators Questionnaire Nbanh**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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