

Stress Questionnaire

AP II

From *Tired of being tired* by Jesse Hanley, M.D.

Your diet

How often do you crave sugar such as candy, sodas, popcorn, bagels, pasta, chips, cookies, pastries?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you crave salt?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you skip meals?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

Do you gain weight for no apparent reason?

- No
- Yes

Do you diet and lose weight only to regain it?

- No
- Yes

Do you diet but are unable to lose weight?

- No
- Yes

Use of stimulants

How often do you crave chocolate or candy?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you drink coffee and/or caffeinated drinks?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you drink alcohol?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you smoke cigarettes?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you use natural stimulants such as ephedra or ma huang?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you use legal or illegal stimulants such as Ritalin, cocaine, Dexedrine, ephedrine (or over the counter diet drugs), or other amphetamine-like drugs?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

Use of prescription or over-the-counter drugs

How often does rising to challenges and taking risks give you a sensation of please?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

Do you love the feeling of butterflies in your stomach and the thrill of taking chances?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel that you cannot do what you want because you must be responsive to the needs of others?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day
-

How often do you push past stress or fatigue to accomplish your goals?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you allow your calendar and the lists you make to dictate how you spend your time?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

Have you gotten away from socializing with friends in lieu of working and meeting other obligations.

- No
- Yes

Is your personal life low on your list of priorities?

- No
- Yes

Do you party into the morning hours or even all night?

- No
- Yes

Your work

As you reach a goal, how often do you find that cannot enjoy your success because another, even larger goal is demanding your immediate attention?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel attached to your phone, pager, cell phone, or email?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you work late hours and/or on weekends?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you work all night?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel impatient or irritated when your children, spouse, or others interfere with your work time?

- Does not apply
- A few times a year or less

- Up to twice a month
- Up to twice a week
- Every day or almost every day

Do you get sick when you take a vacation?

- No
- Yes

Do you take two weeks of vacation every year?

- No
- Yes

Are you unable to take vacations because you feel guilty about taking time off and/or just will not let yourself stop working?

- No
- Yes

Physical and emotional symptoms

How often do you experience any of the following symptoms: acute anxiety – with no immediate cause; shortness of breath; chest pains that could be mistaken for a heart attack; vertigo; palpitations; nausea; blurred vision; dread; the feeling that you will lose mental control; and/or feelings of impending death.?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel like you are never enough, never doing enough, never good enough?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you peter out around 3 P.M. and reach for a stimulant - even just sugar - for energy?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often, when you bend down and when standing up, do you feel lightheaded or see stars?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel dizzy, faint, or momentarily weak?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you awaken in the morning exhausted?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you experience sudden shifts in temper?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

If you are a woman, how often do you suffer from PMS, perimenopause, or menopausal symptoms such as cravings, fatigue, edema, irritability?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you get colds and flu?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you get infections such as herpes, shingles, sinusitis, colitis, yeast, or boils?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you get constipated?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you get diarrhea?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel exhausted after exercise instead of exhilarated?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you suffer from insomnia?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel comfortably cold, especially in your hands or feet?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you suffer from poor digestion, allergies, asthma, headaches, migraines, or musculoskeletal pains?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you have a short fuse with coworkers, family, and people in the service industries – such as waiters, hotel clerks, store clerks, and airline representatives – and shout in the telephone, cut people off in traffic, behave rudely and/or insensitively, and/or have a crying jag?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you suffer from short-term memory loss or confusion?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often does exercise take more from you than it gives you?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you resolve to exercise and then give up without much effort?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often, when you have free time, are you too tired to do anything else but vegetate?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you snap at innocent people – even when you feel your temper is justified?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel anxious?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

How often do you feel depressed, helpless, and/or hopeless?

- Does not apply
- A few times a year or less
- Up to twice a month
- Up to twice a week
- Every day or almost every day

Do you break to the bathroom two, three, four, five, or more times a night?

- No
- Yes

Do you have dark circles under your eyes?

- No
- Yes

To determine your score:

- 0 points for each “Does not apply” or “No” (for yes/no questions)
- 1 point for each “A few times a year or less” _____
- 3 points for each “Up to twice a month” _____
- 5 points for each “Up to twice a week” _____
- 7 points for each “Every day or almost every day” _____
- 7 points for each “Yes” (for yes/no questions) _____

Total _____

If you have any doubts about the accuracy of your score, put this test aside for a few days and come back to it with a fresh perspective.

If your score is 0 to 60: Congratulations. Everyone can improve but obviously you are doing most things right. So keep doing what you are doing.

61 to 100 are scores typical of the Driven stage

Driven: You love taking risks and rising to challenges and big dreams and ambitions. You love the adrenaline rush. You may have started a few bad habits like eating junk food and sugar. But you still feel and look great. Life is a blur of excitement and energy.

There are financial, psychological, and social rewards for being driven, responsible, productive, and successful. If you recognize yourself in this category, and if you make some changes now by following the Ten Simple Solutions, you can maintain your energy level and your passion for life indefinitely.

101 to 150 are scores typical for the Dragging stage.

Dragging: You feel less energetic than you use to. Caffeine, junk food, and sugar are part of your daily diet. You may turn to an occasional over-the-counter drug or two when you have an ache or pain. Your sleep is not as sound as it was, and you're getting a little flabby – or you might be losing a little bit too much weight. But you are not worried yet.

The rewards, admiration, and respect you have achieved are the golden handcuffs that keep you going. At this point, you may be able to get off the track towards burnout with willpower and the help of the Ten Simple Solutions. You may not be aware of it, but you are inches away from more serious problems. Although there is still time for you to reassess your life and reprioritize, it is even more important at this stage that you recognize and temper the behaviors that will lead to adrenal burnout. Begin now to develop healthy, self-nurturing habits.

151 to 200 are scores generally indicating that you are Losing It.

Losing It: You have to admit you have dark circles under your eyes now. You are really too fat or too thin. Either way you are looking older. Insomnia is your chronic bedfellow, and you often lie awake worrying about what you have to do, what has been done to you,

and what you still need to accomplish. Life is not what it used to be. Exercise is not much a part of your life. Instead you rely too much on coffee, sugar, and other stimulants. You have been a grouch lately, and this behavior shocks you. You feel achy all the time as if you are on the verge of flu, and you know there is something wrong. But nothing shows up on your medical tests.

You are too exhausted to bask in the pleasure of the rewards, admiration, and the respect you have earned. You keep jamming and stuffing and cramming activities into your life so that you are like a drawer with a jumble of things hanging out of it. It is time to clean your inner and outer desktop, to delete what needs to be thrown away, and to reevaluate and reorder your priorities. It is time to make time for yourself. It will only become more difficult if you wait. You still have the strength to change the behaviors that will lead to adrenal burnout and begin to develop health, nurturing habits. Please take your pedal off the metal now and operate at a pace that is consistent with regaining your health. Start to explore, incorporate, and experience the Ten Simple Solutions and discover how well you can heal.

201 to 250 are scores indicating you are Hitting the Wall.

Hitting the Wall: Your family and friends are fed up with hearing you gripe about how exhausted you are, how much work you have to do, how much you hate your work, and how fat you are. Your memory is shot, you having a lot of emotional tantrums these days, and you have an obsessive tape running in your brain. Insomnia, nightmares, gastrointestinal problems, allergies, asthma, headaches, migraines, musculoskeletal pains, back pain, and a stiff neck are all too familiar – along with the prescription and over-the-counter drugs you take to try to find relief. Caffeine and alcohol are pretty constant now. You have no energy and no real social life. Even so, you still doubt whether your behaviors are really effecting your health *that* much.

Do not pass go, because there is no longer \$200 to collect. The rewards, admiration, and respect you have achieved are gold handcuffs that keep you going – even though you can barely stand it anymore. You may not be aware, but you are inches away from more serious problems. Now is your last chance to reassess your life and reprioritize before you reach Burned Out. Start to explore and discover how well you can feel. It is possible to develop healthy, self-nurturing habits – and you can do it.

251 plus are scores of the Burned Out

Burned Out: This is crisis mode. You can barely remember what once made life worth living. You are feverish, weak, achy. Or worse, cancer, heart attack, or chronic fatigue has reared its ugly head. You may be suffering from an autoimmune disease. You may have been involved in a major car or other potentially fatal accident that was the result of fatigue, depression, drinking, or drugs, or you may have become an alcoholic or a drug addict. You have never been so lonely.

You probably cannot even recall the pleasure you once got from the rewards, admiration, and respect that you received for being so driven. Society more or less ignore you now that you have hit bottom. If you do not die during this stage, there is no place to go but up.

Now you know where you stand, part II outlines Ten Simple Solutions that will gently help you move backward in these stages. As you read these chapters, keep in mind that every simple solution is a suggestion offered to you as an option for you to explore. Some of these will be manageable for you right away; others you will grow into. The Ten Simple Solutions are designed to assist you in healing and nourishing your adrenal glands and to keep you from progressing any further down the path toward burnout. As you successfully incorporate the Simple Solutions into your life, you will experience your psychogenes and neurotransmitters changing. You will begin to enjoy the cascading effect of good health and happiness.