

Perceived Stress Assessment	
The Perceived Stress Scale (PSS) is a renowned tool for evaluating personal stress levels. Developed in 1983, this scale remains relevant in understanding how different situations impact our emotions and perceived stress. Answer the following questions based on your feelings and thoughts over the past month.	
For each question choose from the following options about how you've responded to events in the last two weeks. Place your number on the left-hand side beside the question.	
0 – never 1 – almost never 2 – sometimes 3 – fairly often 4 – very often	
	1. How often have unexpected events upset you?
	2. How frequently do you feel a lack of control over important aspects of your life?
	3. How often do you experience nervousness and stress?
	4. How often do personal problems cause you stress?
	5. How often do things seem to not go your way?
	6. How frequently do you feel overwhelmed by tasks?
	7. How often do you feel irritated in life?
	8. How often do you not feel on top of things?
	9. How frequently do external events trigger anger?
	10. How often do challenges seem insurmountable?
	Calculate your total number here

	Individual scores can range from 0 to 40 with higher scores indicating higher perceived stress. Scores ranging from 0–13 would be considered low stress. Scores ranging from 14–26 would be considered moderate stress. Scores ranging from 27–40 would be considered high perceived stress.
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Life Satisfaction Assessment	
Individuals respond uniquely to daily life and stressful events based on various factors. This assessment integrates physical, mental, emotional, spiritual, and social dimensions to comprehensively evaluate overall life satisfaction.	
Rate your satisfaction with various life aspects using the scale provided: + 2 = Very satisfied + 1 = Mildly satisfied 0 = Indifferent - 1 = Mildly dissatisfied - 2 = Very dissatisfied	
	1. Frequency of moderate exercise
	2. Quality of sleep and Energy levels for daily activities
	3. Nutritional habits and choices
	4. Capacity to have fun or experience joy
	5. Ability to recover from disappointment, hurts, setbacks, and tragedies
	6. Current income and perception of financial stability
	7. Consumption patterns (Alcohol, Tobacco, Junk Food, Social Media, etc)
	8. Confidence in coping with stress
	9. Emotional control in stressful situations

	10. Perception of living a balanced life (Spirituality, Relationships, Health, etc)
_____	Calculate your total number here
	Individual scores can range from -20 to 20 with higher scores indicating higher perceived satisfaction. Scores ranging from -20 to -05 would be considered little to no satisfaction with your life. Scores ranging from -05 to +05 would be considered mild life satisfaction. Scores ranging from +05 to +20 would be considered very satisfied with your life.

Symptoms of Stress							
Symptoms	Almost all day, every day	Once or twice daily	Every night or day	2-3 times per week	Once a week	Once a month	Never
Persistent headaches							
Muscle tension, back pain							
Chronic fatigue							
Anxiety, phobias							
Sleep disturbances							
Irritability							

Insomnia							
Anger outbursts							
Emotional numbness							
<i>The more frequent each of these occurs in your life, the more likely there is a higher amount of stress. Please note that this is subjective and your answers may also change based on different variables in your life.</i>							