

Have a look at these four questions. They are from a questionnaire called the PSS-4.

	Never	Almost never	Sometimes	Fairly often	Very often
In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
In the last month, how often have you felt confident about your ability to handle your personal problems?	4	3	2	1	0
In the last month, how often have you felt that things were going your way?	4	3	2	1	0
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4
My total =					

Add up your scores for the four questions. Your score will be between 0 and 16. There are no 'hard and fast' rules, but if your score is around 8 or more, you may want to take stock of the amount of stress in your life.

This won't give you a diagnosis – that's something only a qualified health professional can do – but it will give you a better idea about your symptoms.