

Emotional Fitness

Stress comes as a result of our ability or inability to cope positively with change. The pace of change is constantly increasing with the advance of computers, mobile working, and the challenges faced by businesses to become leaner, more innovative and responsive.

By learning how to better manage these increasing demands in work and in life we are able to build our internal resilience, increase our adaptability and flexibility, and lead stronger more fulfilling lives.

You should complete all the sections of this confidential questionnaire as fully as possible.

Don't worry if there are any questions you can't answer- these can be discussed during your assessment.

Your Details

Title	Mr	Mrs	Miss	Ms	Other
First Name					Surname
Previous Name <u>(If applicable)</u>					
Date of Birth (DD/MM/YYYY)					Age
Home Address					
					Postcode
Home Tel Number					Work Tel Number
Mobile Tel Number					
Email Address					

Unless stated otherwise, please select only **one** answer for each question

1. You are upset by your partner's or colleague's behavior, Do you:

- Blow up
- Feel angry but suppress it
- Feel upset but do not get angry
- Cry
- None of the above

2. You must get through a mountain of work in one morning. Do you:

Work extra hard and complete the lot

Forget the work and make yourself a drink

Do as much as you can

Prioritise the load and complete only the most important tasks

Ask someone for help

3. You overhear a conversation in which a friend or colleague makes some unkind remarks about you. Do you:

Interrupt the conversation and give him or her a piece of your mind

Walk straight by without giving it much thought

Walk straight by and think about getting even

Walk straight out and sulk about it

4. You are stuck in heavy traffic. Do you:

Sound your horn

Try and drive down a side road to avoid the jam

Switch on the radio, CD or MP3

Sit back and try to relax

Sit back and feel angry

Get on with some work

The question does not apply because you don't have a car

5. When you play a sport do you play to win?

Always

Most of the time

Sometimes

Never, I just play for the game

6. When you play a game with children do you deliberately let them win?

Never, they have to learn

Sometimes

Most of the time

Always, it's only a game

7. You are working on a project. The deadline is approaching fast but the work is not quite right. Do you:

Work on it all night and day to make sure it is perfect

Start to panic because you think you will not complete it on time

Present your best without losing sleep over it.

8. Someone else cleans up your room / office / garage / workshop and never puts the items back in the original place. Do you:

Mark the position of each item and ask the person to put it back exactly where it should be

Move everything back to the original position after the person has gone

Leave most things as they are, you do not mind the occasional shift around

9. A close friend asks your opinion about a newly decorated room. Do you:

Think is awful and say so

Think is awful but say it looks wonderful

Think is awful but comment about the good aspects

Think is awful and suggest improvements

10. When you do something do you:

Always work to produce a perfect result

Do your best and not worry if it isn't perfect

Think that everything you do is perfect

11. Your family complains you spend too little time with them because of your work. Do you:

Worry but feel you cannot do anything about it

Work in the lounge so you can be with them

Take on more work

Find that your family has never complained

Re-organise your work so that you can be with them more

12. What is your idea of an ideal evening?

A large party with lots to eat and drink

An evening with your partner doing something you both enjoy

Getting away from it all by yourself

A small group of friends at dinner

An evening with the family doing something you all enjoy

Working

13. Which of the following do you do? **Select all that apply:**

- Bite your nails
- Feel constantly tired
- Feel breathless without exertion
- Drum with your fingers
- Sweat for no apparent reason
- Fidget
- Gesticulate
- None of the above

14. Which one or more of the following do you suffer from. **Select all that apply:**

- Headaches
- Muscle tenseness
- Constipation
- Diarrhoea
- Loss of Appetite
- Increase in appetite
- None of the above

15. Has one or more of the following happened to you during the last month? **Select all that apply:**

- Crying or the desire to cry
- Difficulty in concentrating
- Forgetting what you are going to say next
- Little things irritating you
- Difficulty in making decisions
- Wanted to scream
- Feeling that there is no one with whom you can really talk
- Finding that you are rushing on to one task before you have finished the first one
- I have not experienced any of the above

16. Have you experienced any of the following during the last year? **Select all that apply:**

- A serious illness to yourself or someone close to you
- Problems with your family
- Financial problems
- None of the above

17. How many cigarettes do you smoke per day?

None

1 to 10

11 to 20

21 or more

18. How much alcohol do you drink a day?

None

1 to 2 drinks

3 to 5 drinks

6 or more drinks

19. How many cups of coffee [not decaffeinated] do you drink a day?

None

1 to 3 cups

3 to 5 cups

6 or more cups

20. How old are you?

18 and under

19 - 25

26 - 39

40 - 65

66 or over

21. You have very important meeting at 9.30 am. Do you:

Have a sleepless night worrying about it

Sleep well and fully relaxed but thinking about the appointment

Sleep well and wake up looking forward to the appointment

22. Someone close to you has died. Do you,

Grieve because no one can fill the awful gap

Grieve because life is so unfair

Accept what has happened and try to get on with life

23. You have got into deep water over a problem. Do you:

Reassess the situation by yourself and try to work something out

Talk over the problem with your partner or close friend and work something out

Deny that there is a problem in the hope that the worst may never happen

Worry about it and do nothing to try and solve it

24. When did you last smile?

Today

Yesterday

Last week

Cannot remember

25. When did you last compliment or praise someone - your children, your partner, colleagues, and friends?

Today

Yesterday

Last week

Cannot remember

Thank you for completing this questionnaire.

Please print and provide the copy to your healthcare practitioner on the day of your health assessment.