

Stress Profile Personal Report

John Fielding (Average) 1 45 ID# 21 9/17/2015

Feeling stressed occasionally is a normal part of daily life. If it becomes excessive or continual, however, and exceeds your ability to cope, it can result in feelings of:

- Tension
- Irritability
- Anxiety
- And difficulty sleeping

These are the negative emotions we associate with being stressed out. They can also lead to mental and physical health problems if ignored or if they persist.

Your Stress Score

Your score is 71 out of 110 possible (the higher the score, the better your mental well-being and coping status). This score puts you in the Low Positive Zone indicating you are having a little problem coping with stress. Compare your score to the descriptions listed below:

Stress Score Descriptions

Positive Well-Being (71-110)	% of Population*
Strong positive, 91-110	33%
Moderately positive, 81-90	22%
Low positive, 71-80	19%
Problem Indicative Stress (56-70)	
Moderate stress, 61-70	12%
High Stress, 56-60	4%
Significant Distress (0-55)	
Moderate distress, 41-55	7%
Serious distress, 26-40	2%
Severe distress, 0-25	1%

**Based on a random sample of 6,900 adults tested across the U.S. population.*

Understanding Your Report

This personal report will help you determine how well you are coping with stress in your life. Scores greater than 80 indicate that you are coping well. The higher the score the better your coping skills and your mental well-being.

Scores of 70 or lower indicate that you are having trouble coping and that stress may be causing a problem in your life. Taking action to improve your coping skills can help you have better mental and physical health.

Scores of 55 or less indicates a heightened level of stress or distress. If you are going through a crisis, loss, or other significant life change, you would expect to have a lower score. When in distress it is helpful to have someone to talk to, giving you emotional support, and to help you deal with problems. It could be a caring friend, a pastor, or a mental health counselor. Seeking help when needed is a sign of strength, not weakness, enabling you to learn new ways of coping.

If your score is lower than you like, take this as an opportunity to learn and grow as a person. Use the energy from stress to deal with problems that needed addressing for a long time. As you take control of your life and situation you can experience a happier, more fulfilled life. Get started by reading, 'How to Improve Coping Skills' on back of this report.

Stress Sub-scale Results

Stress Sub-scales	Your Score	Recommended
Freedom from health concern	8 *	10-15
Energy level	12 *	15-20
Satisfying/interesting life	7	7-10
Cheerful vs. depressed	19	18-25
Relaxed vs. tense/anxious	14 *	18-25
Emotional control & stability	11	10-15

* Low score needing attention.