

# CHECK RISK OF STRESS

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**First name,  
surname:** \_\_\_\_\_

**Note:** For the sake of simplicity, the questionnaire uses the masculine form. However, the questions and statements are gender-neutral and apply equally to all people.

## Guide

For each question, fill in the value that you spontaneously think is right. Don't think twice, take the first number that comes to mind.

Use the following numbers

1 = never

2 = low

3 = common

4 = always

## No. Question

## Answer

- |     |   |       |
|-----|---|-------|
| 1.  | Do you feel aimless and listless?                                   | _____ |
| 2.  | Does your work seem like a compulsion to you?                       | _____ |
| 3.  | Do you sleep badly?   | _____ |
| 4.  | Do you have the feeling that everything will / is too much for you? | _____ |
| 5.  | Do you feel like breaks are wasted time?                            | _____ |
| 6.  | Are you more irritable than you used to be?                         | _____ |
| 7.  | Have you lost the support of friends / partners?                    | _____ |
| 8.  | Do you eat little or irregularly?                                   | _____ |
| 9.  | Do you feel a sense of hopelessness?                                | _____ |
| 10. | Is your partnership often a burden for you?                         | _____ |
| 11. | Do you take sleeping pills or sedatives?                            | _____ |
| 12. | Do you feel too exhausted for leisure activities/sports?            | _____ |
| 13. | Are physical symptoms piling up?                                    | _____ |
| 14. | Do you feel fears that you didn't know before?                      | _____ |
| 15. | Are you always available by phone?                                  | _____ |
| 16. | Are you increasingly turning to alcohol and drugs?                  | _____ |
| 17. | Are you constantly depressed?                                       | _____ |
| 18. | Are you increasingly withdrawing from your circle of friends?       | _____ |
| 19. | Do you feel empty inside?   | _____ |
| 20. | Do you constantly feel under tension or how numb?                   | _____ |

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21. Does everything seem pointless to you? \_\_\_\_\_  
\_\_\_\_\_

## Assessment

- |                 |              |   |
|-----------------|--------------|---|
| 21 – 35 points: | Low load     | → Everything OK, no need to worry. Continue to live a balanced and mindful life.  |
| 36 – 45 points: | Average      | → Be more mindful, take breaks and listen to yourself and your body.  |
| 46 – 60 points: | Risk area    | → Clarify what triggers stress in you. Establish your early warning system. Go among people and talk about your situation. Seek help. |
| 61 – 84 points: | Acute danger | → Recognize and understand your stress system and act immediately afterwards before your body and soul collapse. Seek help urgently!  |

## Important Notice

If your score is between 46 and 84, trade! Continuous stress has been shown to weaken health. Chronic inflammation is often the result, other clinical pictures can follow.

Your ability to concentrate can diminish over time and thus your performance – at work and in your private life. In the end, there is a diagnosed so-called 'exhaustion depression'. Or just a burnout.

**The loss of burnout is on average between 9 and 12 months – with great consequences for you, your private and professional environment.** The costs per burnout case quickly amount to several tens of thousands of francs if the expenses for doctor, psychologist, clinic, therapies, loss of wages, procurement of a deputy and in the end possibly for the replacement of a position are included.

And not to forget the uncertainty in your partner, your children and the additional burden in your professional environment due to the redistribution of your work.

## The way to improvement is through self-responsibility!

I know what I'm talking about, I've had the experience myself.  
Call me, I understand you!

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