

# WHAT TYPE OF STRESS DO YOU EXPERIENCE?

It has been identified that people experience symptoms of stress in different ways. Some are more likely to experience physical symptoms and others are more likely to experience cognitive symptoms – or a combination of them. There is a questionnaire that we would like you to complete that will actually help you

identify which of these is your tendency. The thinking is, that once you have identified the type of stress symptoms you experience, there are strategies to work with that may be more appropriate for one or the other. (Egger et al, 2008).

## A STRESS-TYPE TEST

Rate the degree to which you experience each symptom when anxious or stressed.

		NOT AT ALL				VERY MUCH
A	I have difficulty concentration because of uncontrollable thoughts	1	2	3	4	5
B	My heart beats faster	1	2	3	4	5
C	I worry too much over something that doesn't really matter	1	2	3	4	5
D	I imagine terrifying scenes	1	2	3	4	5
E	I feel jittery in my body	1	2	3	4	5
F	I get diarrhoea	1	2	3	4	5
G	I can't keep anxiety-provoking pictures out of my mind	1	2	3	4	5
H	I feel tense in the stomach	1	2	3	4	5
I	Unimportant things bother me	1	2	3	4	5
J	I feel like I am losing out because I can't make up my mind quickly	1	2	3	4	5
K	I nervously pace	1	2	3	4	5
L	I become immobilised	1	2	3	4	5
M	I perspire	1	2	3	4	5
N	I can't keep anxiety-provoking thoughts out of my mind	1	2	3	4	5

Source: Edelman (2007)

### INSTRUCTIONS:

Add scores in the following way:  
The results indicate your best approach to managing stress.

1. Physically-oriented =  
B + E + F + H + K + L +  
M = Total Score

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2. Cognitively-oriented =  
A + C + D + G + I + J + N  
= Total Score

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There are a variety of strategies that are suited to either physical or mental stress (see table below).

FLIGHT		FIGHT	
Physical	Mental	Physical	Mental
Exercise	Meditation	Confrontation	Cognitive restructuring
Sport	Muscle relaxation	Challenge	Rational emotive therapy
Warm baths	Pause/prayer	Preparation	Assertiveness
Holidays	Concentration	Social engineering	Psychotherapy
Mini breaks	Counting to ten	Nutrition	Planning
Hobbies	Art	Direct action	Mind control
Games	Mind games	Expression	Financial control
Yoga	Music	Talking	Positive self-talk
Tai Chi	Creativity	Meeting	Rehearsal
Breathing	Reading		Thought stopping
Massage	Trance		Brainstorming
Sex	Biofeedback		
Sleep	Mind mapping		