

	DEGREE OF DISCOMFORT							
	LOW				HIGH			
	0	1	2	3	4	5	6	7
70. Herpes								
TOTALS								

GRAND TOTAL OF ABOVE TOTALS: _____

The presence of mild symptoms are usually the result of unavoidable daily stresses and are normal features of modern living. When stress builds over time, however, multiple problems with higher degrees of discomfort begin to appear. Higher scores should be recognised as serious warnings of stress overload.

If you scored

- Under 25** You're doing great!
- 25 to 50** You should pay greater attention to the deliberate management of your stresses.
- 50 to 100** Stress management is a serious and pressing need.
- Over 100** You need to manage your stress urgently!