

Stress Test One

Less Stress

Assess Your Stress

by
Dr. Leigh Kibby

The Stress Test : One

Produced
by

Kinematic Pty. Ltd.
65 Sydenham Avenue
Manifold Heights VIC 3218

tel : (+ 61 3) 5222 7578

fax : (+ 61 3) 5222 7578

E-mail : leigh@kinematic.com.au

Internet : <http://www.kinematic.com.au>

© Dr. Leigh Kibby 2002-2006

**These guides can be used freely and passed on to others
without restriction on the condition that the author and
creator is fully acknowledged.**

**Note : This material is no substitute for
professional advice.**

Introduction

Welcome to “The Stress Test 1”. My name is Dr. Leigh Kibby (PhD, Grad Dip GW, Bed, DipT) and I am the author.



This booklet is designed to help you “see” your current level of stress so that you can then decide what action you need to take about the stress in your life.

The Stress Test 1

“The Stress Test 1” has been designed to be an easy to use picture of your current stress situation.

Please note that this test is no substitute for professional medical or psychological advice.

About the Author

My background is in education, professional development and as an entrepreneur who launched a successful business unit for an Australian University. I now run Kinematic full-time (see <http://kinematic.com.au>) and have lectured to post-graduate students at University. I also :

- Created the Psychological Genome;
- Established a framework called the Emotional Hierarchy;
- Devised Neuro-Empathic Programming (NEP); and
- created Noetic Psychology



Know Your Stress

Are you

1. Unstressed;

2. Well stressed;

OR

3. Distressed?



Understanding the different types of stress

Here is a summary of the different types of stress.

Unstress – this means having no drivers or needs or “pushers” that motivate action. This state can be akin to being apathetic, comatose or asleep. It is useful during meditation (a valuable exercise) but might have questionable value in our world today.

Fun stress – this is a stress to pursue an enjoyable activity or pastime and is evident when you laugh.

Good stress – this type of stress is the desire to get out and do something when the outcomes are “added value” and linked to goals and values.

Some Stress – some stress is when you feel required to do something that you might see as essential and important but may not always be linked, in your mind, to all your goals or values.

High stress – this state of stress exists when you believe something to be essential AND important where consequences might impact negatively on you or others you care about.

Distress (or dys-stress i.e. dysfunctional stress) – a state of distress exists when you feel the outcomes of a situation threaten well-being (yours and those you care about); and/or your values are threatened or challenged; and/or you have been in high stress for long periods of time (long according to your measures).



Is there an optimum stress?

Some stress helps us achieve and, for some people, can invigorate and motivate. Also, many of us can operate between Fun Stress and High Stress for varying lengths of time depending on our make-up. However, **DISTRESS could harm physically and mentally and is a cause for concern.**

If you feel distressed you should seek professional help.

The well stressed range falls between Fun Stress and Some Stress on the stress continuum.



Where are you on the stress continuum?

On the next page you will see a picture with 20 boxes.

You have 15 crosses you can use.

Put a cross in a box that, in some way, either represents, describes or, mirrors you, or how you feel about life.

If a box represents you strongly, or you feel “that way” a lot of the time, put between two or three crosses in that box.

A Stress Picture



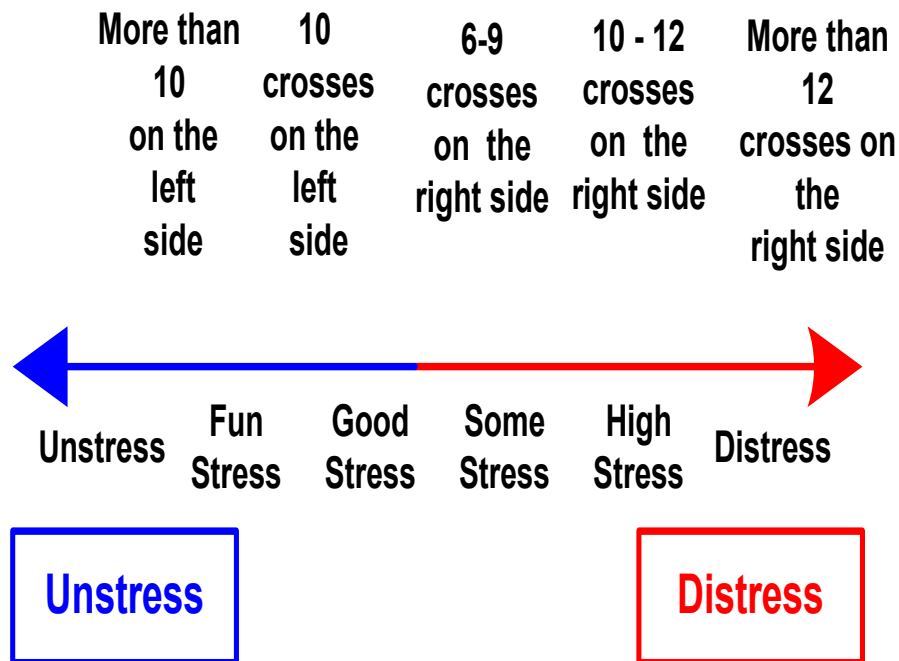
Putting yourself on the stress continuum.

In the picture below, you will see an explanation linking the number of boxes with a relevant side of the stress picture.

Hence, see which boxes you ticked and on what side of the continuum to determine where your current stress level.

Now you know, in part, your current level of stress. The last page outlines the basis of this simple stress test model.

Please note that any box with two or more ticks might be a “High Stressor”. A High Stressor, or a number of High Stressors, can cause Distress. It is well worth discussing high stressors with professionals in the medical and health fields.



Understanding the stress continuum.

The stress model above is based on the following:

1. A higher level of stress is associated with the more you are concerned about something, or the more time you spend time thinking about something. Hence you will have more crosses in the boxes which represent your concerns.
2. The items on the right hand side tend to be associated with high (or higher than “normal”) levels of stress i.e. peak stress events or stressing situations and/or feelings of being stressed.
3. Items on the right hand side are more often associated with stress albeit the list is not comprehensive.
4. Stress is ameliorated or balanced by aspects of your life that help you feel good, capable and/or well.

Remember, this test is not comprehensive and is not a substitute for professional advice or intervention.

One approach to managing Stress is the “Less Stress” program designed by Dr. Kibby. Details can be obtained by emailing info@kinematic.com.au and asking for information about the program.

You can also get a FREE a copy of “The De-Stress Book” from the Kinematic website – <http://www.kinematic.com.au>

GOOD HEALTH!