

Monitoring and Managing

Your Stress Levels

Stress Thermometer


Pain Scale


	Loss of control - fear/anger/dissociation
	Overreact/overload/ fight/flight/freeze
	Defensive-irritable, blaming, lose motivation/hope
	Processing affected- go blank for a few seconds or space out
	Pushing myself but focussed
	Flow- automatic pilot- enjoying the tasks
	Focussed
	Relaxed
	Very relaxed- not focussed
	Nearly asleep


A Simple Mental Health Pain Scale

thegracefulpatient.wordpress.com


MILD


1  Everything is a-okay! There is absolutely nothing wrong. You're probably cuddling a fluffy kitten right now. Enjoy!


2  You're a bit frustrated or disappointed, but you're easily distracted and cheered up with little effort.

3  Things are bothering you, but you're coping. You might be overtired or hungry. The emotional equivalent of a headache.


MODERATE


4  Today is a bad day (or a few bad days). You still have the skills to get through it, but be gentle with yourself. Use self-care strategies.


5  Your mental health is starting to impact on your everyday life. Easy things are becoming difficult. You should talk to your doctor.


6  You can't do things the way you usually do them due to your mental health. Impulsive and compulsive thoughts may be hard to cope with.

SEVERE

7  You're avoiding things that make you more distressed, but that will make it worse. You should definitely seek help. This is serious.

8  You can't hide your struggles anymore. You may have issues sleeping, eating, having fun, socialising, and work/study. Your mental health is affecting almost all parts of your life.

9  You're at a critical point. You aren't functioning anymore. You need urgent help. You may be a risk to yourself or others if left untreated.

10  The worst mental and emotional distress possible. You can no longer care for yourself. You can't imagine things getting any worse. Contact a crisis line immediately.

The most effective stress management tool is being aware of your own stress levels. You can do this by self-monitoring.

