**TEST NO. 3**

**MENTORSHIP ASSESSMENT OF THE PROFESSIONAL STRESS IMPACT**

**Please read the following questions and mark with an "X" how much you agree or disagree with these statements about how you respond to stress using the following scoring system:**

**1 = never 4 = often/ frequently**

**2 = rarely 5 = very often**

**3 = sometimes**

**1. Do you think you are less capable and valuable compared to other people?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**2. Have you had periods of time when the future seemed uncertain and hopeless?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**3. Do you believe you can't deal with the problems you face?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**4. Do you tend to bite your nails or grind your teeth?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**5. Do you have difficulty falling asleep or waking up?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**6.** **Do you feel lonely, misunderstood, even if you are surrounded by friends?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**7. Can you say you are the type to worry about everything, often for no reason?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**8. Lately, do you no longer enjoy any of the things or activities you used to enjoy?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**9. For a while, have you gained or lost several kilos and you can't explain why?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**10. For a long time, do you feel so exhausted that you need to rest, to take a break?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**11. Do you have bouts of nervousness such as: irritation, raising your voice, frustration, mental tension?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**12. Have you ever had breathing problems without sustained physical effort?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**13.** **Are your hands shaking pretty bad and you can't control the situation no matter how hard you try?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**14. Have you been having a headache for a long time and can't concentrate?**

**1 ……. 2 ……. 3 ……… 4 ……. 5**

**15. Do you often cry and complain because things don't go your way?**

**1 ……. 2 ……. 3 …… 4 ……. 5**

**SCORING:**

**The points obtained for all 15 questions are summed up.**

**Score 30 – 15**

**Congratulations, you respond "normally" to stress! You perceive and evaluate psychological, social and environmental inquiries in accordance with your personal biological, physiological and biochemical resources. Your stress level is optimal, OSL (Optimum Stress Level) which helps you to perform with maximum efficiency both in the personal, social and professional fields, often experiencing moments of joy, happiness, fulfilment, to build self-esteem positive.**

**Score 60 – 30**

**You are in an area "on the edge of normal", with a high propensity for reducing the ability to deal with the situations generated by stressful factors. You perceive and evaluate certain psychological, social, and environmental inquiries as slightly higher or lower in ratio with your personal biological, physiological, and biochemical resources. It can be met both an underuse stress (boredom, monotony, laziness, passivity) and an overuse stress (you perceive the difficulty and the number of tasks to be performed as exceeding your own capabilities).**

**That's why some of your reactions to such situations can be frustration, dissatisfaction, unsatisfied needs, fatigue. Various areas of your personal and professional life could be negatively, but moderately affected: work and studies, family, interpersonal relationships, entertainment activities.**

**Score 60 - 75**

**You are in an area of extreme impairment of your ability to deal with situations generated by stressful factors, there is a serious discrepancy between the intensity of external inquiries and personal adjustment and adaptation capacities. You perceive and evaluate certain psychological, social and external environmental inquiries as excessive in relation to your individual biological, physiological and biochemical resources. It can be both an underuse stress (boredom, monotony, laziness, passivity) and an overuse stress (you perceive the difficulty and number of tasks to be performed as exceeding your own capabilities).**

**Therefore, your reactions to such situations are dysfunctional at the level of behaviour, performance, attitudes, decision-making, negatively impacting various areas of your life, like work and studies, family, interpersonal relationships, leisure activities.**

**For improvement measures, the consultation, the advice of a specialist is required.**