

## Who gets stress?

*All of us.* There is nothing ‘special’ about people who suffer from stress: after all, there are a lot of them. The trouble is that too many people feel they are the only one with the problem, and so feel ‘different’. We are good at putting on a mask to hide it. We are then scared that the mask will slip, and this just adds to the stress. So many people may look fine on the outside but feel a mess inside.

Try these questions. The first three are about anxiety, the last two about depression:

### *Anxiety*

Over the last two weeks, have you:

Felt nervous, anxious or on edge?	YES	NO
Found it hard to stop or control worrying?	YES	NO
Have you found yourself avoiding places or activities, and did this cause you problems?	YES	NO

If you answered ‘yes’ to two out of three *anxiety* may be part of the picture.

## *Depression*

Over the last two weeks, have you:

Often been bothered by feeling down, depressed  
or hopeless? YES NO

Often been bothered by little interest or pleasure  
in doing things? YES NO

If you answered 'yes' to two out of two *depression* may be part of  
the picture.

Recognize yourself here? Or think you could be going down  
that road? If so, you are doing the right thing reading this  
book.