

Assessing your **Stress** LEVEL

To assess your stress level, you'll look at indicators that may suggest your stress level is too high.

Answer YES or NO to the statements below.



- There are many people in my life making demands on my time and energy.**
- I am always in a hurry and am often running late.**
- I am often caught off guard by events and demands.**
- I often feel that I have no control over what's happening to me.**
- I usually keep my feelings to myself; it's more important to get on with the job at hand**
- When someone else is talking, I try to hurry the conversation along. I sometimes finish sentences for others.**
- I get impatient when I see something being done more slowly than I think it can be done.**

✓ CONTINUED...

- I get very irritable if I am delayed or have to wait. I hate lineups and slow drivers.**
- I do one (or all) of the following often: fiddle with my hair, scratch, touch my nose, shake my legs, tap my foot, or doodle.**
- When I am under stress, I often get a cramp or a headache. Other times, I've felt nauseated, dizzy or faint, or I've broken out in a rash.**
- I have trouble going to sleep. I can't turn my mind off after a busy day.**
- I eat quickly, and I often eat and do other things at the same time. On workdays I either eat at my desk or skip lunch altogether. Sometimes I get indigestion.**
- I rarely have any time for myself.**
- I know I should exercise more and eat better.**
- I like to be busy. I always carry something to do. I take work home.**
- I am competitive by nature. People say I am a hard-driving individual.**
- I can stay alert and suppress fatigue long after most other people I know have packed it in.**
- I'd rather have the admiration of my friends and co-workers than their affection.**
- I thrive on deadlines. I like to work at maximum speed, and I'll do anything to make a delivery.**

Total numbers of times you answered YES

Match your total to the corresponding score on the next page.

STRESS TOTAL SCORE

1-3	10
4-6	8
7-9	6
10-12	4
13-15	2
15 +	1

_____ **Write your Score Here**

Now translate your results into a score using the following scale:

Excellent	10
Good	8
Above average	7
Average	5
Below average	3
Poor	2
Very poor	1

_____ **Write your Score Here**



How is your stress level?

If you scored anywhere under average, you need to take a good look at what is causing your stress and anxiety, and think about finding ways of coping to avoid having serious health issues in the future. Avoid having a stroke or even a heart attack by learning to manage your stress!