

### So, how stressed are you?

Many of us don't realize the level to which we are experiencing stress. Is your stress level higher than you think? For a little bit of fun, relax and take a moment to fill out this self-rating scale.

<b>Do you frequently...</b>	<b>Yes</b>	<b>No</b>
Neglect your diet?	<input type="checkbox"/>	<input type="checkbox"/>
Try to do everything yourself?	<input type="checkbox"/>	<input type="checkbox"/>
"Blow up" easily?	<input type="checkbox"/>	<input type="checkbox"/>
Seek unrealistic goals?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to see the humour in situations others find funny?	<input type="checkbox"/>	<input type="checkbox"/>
Act rude?	<input type="checkbox"/>	<input type="checkbox"/>
Make a "big deal" out of everything?	<input type="checkbox"/>	<input type="checkbox"/>
Look to other people to make things happen?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty making decisions?	<input type="checkbox"/>	<input type="checkbox"/>
Complain you are disorganized?	<input type="checkbox"/>	<input type="checkbox"/>
Avoid people whose ideas are different from your own?	<input type="checkbox"/>	<input type="checkbox"/>
Keep everything inside?	<input type="checkbox"/>	<input type="checkbox"/>
Neglect exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have few supportive relationships?	<input type="checkbox"/>	<input type="checkbox"/>
Use sleeping pills and tranquilizers without a doctor's approval?	<input type="checkbox"/>	<input type="checkbox"/>
Get too little rest?	<input type="checkbox"/>	<input type="checkbox"/>
Get angry when you are kept waiting?	<input type="checkbox"/>	<input type="checkbox"/>
Ignore stress symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
Put things off until later?	<input type="checkbox"/>	<input type="checkbox"/>
Think there is only one right way to do something?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to build relaxation time into your day?	<input type="checkbox"/>	<input type="checkbox"/>
Gossip?	<input type="checkbox"/>	<input type="checkbox"/>
Race through the day?	<input type="checkbox"/>	<input type="checkbox"/>
Spend a lot of time complaining about the past?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to get a break from the noise and the crowds?	<input type="checkbox"/>	<input type="checkbox"/>

**Score:**

1 for each "Yes" answer,  
0 for each "No" answer

**Total Score** \_\_\_\_\_

**What does your score mean?**

- 1 to 6:** There are few hassles in your life. But remember... do not avoid problems by shying away from challenges.
- 7 to 13:** You are in fairly good control of your life. Work on the choices and habits that may be causing unnecessary stress in your life.
- 14 to 20:** You are approaching the danger zone. You may be experiencing "stress-related" symptoms and strain in your relationships. Think carefully about choices you have made and take time to relax every day.
- Above 20:** Emergency! You must stop now. Take time to reflect on attitudes and lifestyle choices. Seek suggestions on how to live a healthier, happier life.

Were you surprised? Are you happy with your situation, or could you benefit from stress management techniques?

**Identifying...The first step to understanding your stress!**

Before deciding on a plan of action, it is important to identify signs of stress in yourself as well as some of the current causes of stress in your life. Once this is done, you can work on activities to help reduce them.

Some of the signs I notice in myself when I am feeling stressed are:

---

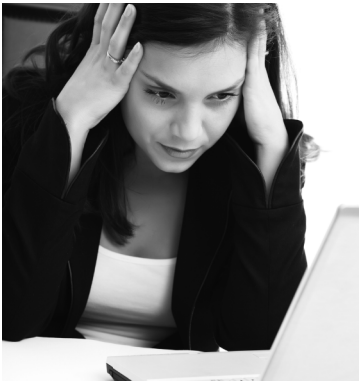
---

---

---

---

You may want to ask your partner or a close friend to help you identify your reactions to stress.



**Stresses in my life...**

At Work

---

---

At Home

---

---

In Relationships With Others

---

---

With Myself

---

---