

How much stress are you under?

How often do you have...

	Never	Hardly Ever	Sometimes	Often
1. Aches in shoulders, back, head and/or neck.	0	1	2	3
2. Stomachaches, gas, nausea, or indigestion.	0	1	2	3
3. An illness that keeps you from working effectively.	0	1	2	3
4. Several things to do at once.	0	1	2	3
5. A feeling of exhaustion or fatigue.	0	1	2	3
6. Difficulty relaxing.	0	1	2	3
7. Little interest in physical intimacy or sex.	0	1	2	3
8. A desire to overindulge in alcohol.	0	1	2	3
9. A desire to indulge in mood altering substances.	0	1	2	3
10. An urge to overeat or not eat enough.	0	1	2	3
11. Feelings of anxiety and worry.	0	1	2	3
12. Difficulty falling or staying asleep.	0	1	2	3
13. Feelings of depression or being stuck.	0	1	2	3
14. Feelings of being over-stimulated or wound-up.	0	1	2	3
15. Poor work performance.	0	1	2	3
16. Problems focusing and concentrating.	0	1	2	3
17. Worries about financial stability.	0	1	2	3
18. Arguments with family, friends, or co-workers.	0	1	2	3

Add up your scores. TOTAL: _____ 20 or lower indicates a low degree of personal stress reactions. A score between 21 and 39 reflects a moderate degree. A score of more than 40 indicates you are experiencing a high degree of stress in your life, run the risk of developing health problems, and need to take action to reduce it – now!

How are you coping?

Here are some positive lifestyle behaviors and thoughts to help people reduce stress. How are you doing?

How often do you have...

	Never	Hardly Ever	Sometimes	Often
1. Have optimistic thoughts about your life.	0	1	2	3
2. Look forward to work.	0	1	2	3
3. Relate well to your spouse or lover.	0	1	2	3
4. Enjoy affection and physical intimacy.	0	1	2	3
5. Spend time with valued friends.	0	1	2	3
6. Assert your needs and wants at home and work.	0	1	2	3
7. Exercise aerobically 3 times per week (30 minutes).	0	1	2	3
8. Eat breakfast.	0	1	2	3
9. Maintain your proper weight.	0	1	2	3
10. Eat a balanced diet.	0	1	2	3
11. Get 7 – 8 hours of sleep at least four nights per week.	0	1	2	3
12. Participate in sports, recreation, and hobbies.	0	1	2	3
13. Play and have fun.	0	1	2	3
14. Take private, peaceful time for yourself.	0	1	2	3
15. Discuss concerns with a supportive person.	0	1	2	3
16. Speak openly about your feelings when angry/worried.	0	1	2	3
17. Consult health care professionals as needed.	0	1	2	3
18. Organize your time efficiently.	0	1	2	3
19. Accomplish a task you planned to do.	0	1	2	3
20. Get strength from your beliefs.	0	1	2	3
21. Define and achieve goals.	0	1	2	3
22. Keep your finances in order.	0	1	2	3
23. Practice relaxation technique for 5 – 10 minutes daily.	0	1	2	3
24. Feel good about your accomplishments.	0	1	2	3
25. Believe you control most of your life.	0	1	2	3

Add up your scores. TOTAL: _____ A score of 65 or higher shows you are managing stress very well. Between 50 and 64 means you can improve. Below 50 is poor. Take a look at all the 0's and 1's you scored and come up with strategies for increasing these healthful behaviors. Then take a look at the 2's and 3's and commit to keeping up the good work. Your body will thank you.