

What's Your Stress Index?

Stress can be difficult to understand. The emotional chaos it causes can make our daily lives miserable and decrease our physical health, sometimes drastically. We are not always aware that we are under stress. The habits, attitudes, and signs that alert us to problems may be hard to recognize because they are so familiar. Find your stress level right now by completing this test.

Do You Frequently:	YES	NO
Neglect your diet?	____	____
Try to do everything yourself?	____	____
Blow up easily?	____	____
Seek unrealistic goals?	____	____
Fail to see the humour in situations others find funny?	____	____
Act rude?	____	____
Make a 'big deal' of everything?	____	____
Look to other people to make things happen?	____	____
Have difficulty making decisions?	____	____
Complain you are disorganized?	____	____
Avoid people whose ideas are different from your own?	____	____
Keep everything inside?	____	____
Neglect exercise?	____	____
Have few supportive relationships?	____	____
Use sleeping pills and tranquilizers without a doctor's approval?	____	____
Get too little rest?	____	____
Get angry when you are kept waiting?	____	____
Ignore stress symptoms?	____	____
Put things off until later?	____	____
Think there is only one right way to do something?	____	____
Fail to build relaxation time into your day?	____	____
Gossip?	____	____
Race through the day?	____	____
Spend a lot of time complaining about the past?	____	____
Fail to get a break from noise and crowds?	____	____
Score 1 for each "YES" answer, and 0 for each "NO"		
Total each column:	____	____

What does your score mean?

1 – 6: There are few hassles in your life. Make sure, though, that you are not trying so hard to avoid problems that you shy away from challenges. Make sure you don't have any stress because you just don't deal with responsibilities, etc.

7 – 13: You've got your life in fairly good control. Work on the choices and habits that are still causing you some unnecessary stress in your life.

14 – 20: You're approaching the danger zone. You may well be suffering from stress-related symptoms (irritable, upset stomach, sleeplessness) and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks every day.

Above 20: Emergency! You must stop now, re-think how you are living, change your attitudes, and pay careful attention to diet, exercise, and relaxation.

