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How Stressed Are You? Quick Stress Quiz

How many of these statements describe you and your life? ✓

- 1) There are many people in my life making demands of my time and energy.
- 2) I am always in a hurry, and I'm often running late.
- 3) I'm quick to notice loud noises and they irritate me a lot.
- 4) I'm often caught off guard by events and demands.
- 5) I often feel that I have no control over what's happening to me.
- 6) I usually keep my feelings to myself; it's more important to get on with the job at hand.
- 7) When someone else is talking, I try to hurry the conversation along. I sometimes finish sentences for others.
- 8) I get impatient when I see something being done more slowly than I think it can be done.
- 9) I get very irritable if I am delayed or have to wait. I hate line ups and slow drivers.
- 10) 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.*
- 11) I like to be busy. I always carry something to do. If nothing's planned for the evening or weekend, I take work home.
- 12) I am competitive by nature. People who know me well think of me as a hard-driving individual.
- 13) I can stay alert and suppress fatigue long after most other people I know have packed it in.
- 14) I thrive on deadlines. I like to work at maximum speed and will do anything to make a delivery.
- 15) I'd rather have the admiration of my friends and co-workers than their affection.
- 16) I rarely have time to myself.
- 17) I know I should exercise more and eat better, but I don't have time.
- 18) When I'm under stress, I often have a cramp or a headache. Other times I've felt nauseated, dizzy, or faint, or broken out in a rash.
- 19) I have trouble going to sleep. I can't turn off my mind after a busy day.
- 20) I eat quickly, and I often eat and read at the same time. On workdays, I either eat at my desk or skip lunch altogether. Sometimes I get indigestion.

To score your Quick Stress Quiz see page 2



Balance for REAL People

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How Stressed Are You? Quick Stress Quiz...cont'd

What do your ✓ mean?

Fewer than 10 ✓

It's unlikely that stress is dominating your life at the moment.

11 to 15 ✓

You're likely a hard-driving individual who could benefit from a stress defense plan.

More than 15 ✓

You need to understand the negative effect your lifestyle could be having on your health.

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