

## The Daily Stress Index

1. Answer *Yes* or *No* to the following questions. In column 2, review each stressor and determine whether the stressor is sometimes present (**A** for *acute*) or always present (**C** for *chronic*). In column 3, determine whether the stressor is HI, MED or LO with regards to its impact in your life. In column 4. Write a ✓ if you have a 'Stress Defence' in place, or an ✗ if the stressor has control over aspects of your life.

1. Do You Frequently:		2. A/C	3. Hi/Med/Lo	4. ✓ / ✗
Neglect your diet?	YES NO			
Try to do everything yourself?	YES NO			
Blow up easily?	YES NO			
Seek unrealistic goals?	YES NO			
Fail to see the humour in situations others find funny?	YES NO			
Act rude?	YES NO			
Make a 'big deal' out of everything?	YES NO			
Look to other people to make things happen?	YES NO			
Have difficulty making decisions?	YES NO			
Complain you are disorganized?	YES NO			
Avoid people whose ideas are different from your own?	YES NO			
Keep everything inside?	YES NO			
Neglect exercise?	YES NO			
Have few supportive relationships?	YES NO			
Use sleeping pills & tranquilizers without Dr. approval?	YES NO			
Get too little rest?	YES NO			
Get angry when you are kept waiting?	YES NO			
Ignore stress symptoms?	YES NO			
Put things off until later?	YES NO			
Think there is only one right way to do something?	YES NO			
Fail to build relaxation time into your day?	YES NO			
Gossip?	YES NO			
Race through the day?	YES NO			
Spend a lot of time complaining about the past?	YES NO			
Fail to get a break from the noise and crowds?	YES NO			
<i>Total '1' for each YES answer, and '0' for each NO.</i>				

### What does your YES/NO tally mean?

**1-6:** There are few hassles in your life. Make sure, however, that you are not trying so hard to avoid problems that you shy away from challenges.

**7-13:** You've got your life in decent control. Work on the choices and habits that could still be causing some unnecessary stress in your life.

**14-20:** You're approaching the potential danger zone. Without a *stress defence* you could be suffering stress-related symptoms and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks every day.

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

**To reduce stress** you must be aware of your stressors and your reactions to them. High scores mean little if your reactions are minimized or controlled. Reduce your **C's** to **A's**, your **HI's** and **MED's** to **LOW's**, and put a 'Stress Defence' in place for areas where you know your reactions can get the best of you. Identify your top 3 stressors and brainstorm ways to reduce their impact.