

Quick Stress Quiz

How Stressed Are You?

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 | <input type="radio"/> |
| 2) I am always in a hurry, and I'm often running late. | <input type="radio"/> |
| 3) I'm quick to notice loud noises and they irritate me a lot. | <input type="radio"/> |
| 4) I'm often caught off guard by events and demands. | <input type="radio"/> |
| 5) I often feel that I have no control over what's happening to me. | <input type="radio"/> |
| 6) I usually keep my feelings to myself; it's more important to get on with the job at hand. | <input type="radio"/> |
| 7) When someone else is talking, I try to hurry the conversation along. I sometimes finish sentences for others. | <input type="radio"/> |
| 8) I get impatient when I see something being done more slowly than I think it can be done. | <input type="radio"/> |
| 9) I get very irritable if I am delayed or have to wait. I hate line ups and slow drivers. | <input type="radio"/> |
| 10) I do one (or all) of the following often: <i>fiddle with my hair, scratch, touch my nose, shake my legs, tap my foot, or doodle.</i> | <input type="radio"/> |
| 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. | <input type="radio"/> |
| 12) I am competitive by nature. People who know me well think of me as a hard-driving individual. | <input type="radio"/> |
| 13) I can stay alert and suppress fatigue long after most other people I know have packed it in. | <input type="radio"/> |
| 14) I thrive on deadlines. I like to work at maximum speed and will do anything to make a delivery. | <input type="radio"/> |
| 15) I'd rather have the admiration of my friends and co-workers than their affection. | <input type="radio"/> |
| 16) I rarely have time to myself. | <input type="radio"/> |
| 17) I know I should exercise more and eat better, but I don't have time. | <input type="radio"/> |
| 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. | <input type="radio"/> |
| 19) I have trouble going to sleep. I can't turn off my mind after a busy day. | <input type="radio"/> |
| 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. | <input type="radio"/> |

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.

Used with permission from Power Over Stress: 35 Quick Prescriptions for Mastering the Stress in Your Life, Dr. Kenford Nedd, QP Press, Toronto, ON. © 2003 info@stressdoctors.com