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
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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