

## ARE YOU UNDER STRESS?

The symptoms of stress can range from vague feelings of anxiety to lowered resistance to disease. On this page is an easy quiz you can take to see how much stress you may be under.

Check your symptoms, give yourself a score for only those items that apply, a 1 indicates the item is not stressful; a 5 indicates that it is very stressful.

Add the scores in each category, and then total your scores for past and future.

If an item below affected you in the last six months, circle the number that describes the amount of stress it caused you.

1 2 3 4 5            1. Feeling that things or life are getting out of control

1 2 3 4 5            2. Anxiety or panic attacks

1 2 3 4 5            3. Frustration

1 2 3 4 5            4. Angry and irritated

1 2 3 4 5            5. Feeling desperate, hopeless

1 2 3 4 5            6. Feeling trapped, helpless

1 2 3 4 5            7. Feeling depressed

1 2 3 4 5            8. Feeling guilty

1 2 3 4 5            9. Feeling self-conscious

1 2 3 4 5            10. Feeling restless

Score = \_\_\_\_\_

If your total is 15 or below, you need not be concerned about stress.

If your score is over 15, then you may be under a moderate amount of stress.

If your score is more than 27, you should be concerned and find some effective ways of managing stress by developing a Stress Management Action Plan.