

To score your stress level, count one point for each check mark. If you scored '0', you are probably not being completely honest with yourself. The higher the score, the higher your stress level. Any score above eight may indicate that you need to re-evaluate your approach to coping with stress.

Tips for Stress Relief

Stress is a natural and unavoidable fact of life. In small quantities, stress is good — it can motivate you, help you become more productive and warn you of dangers. However, too much stress is harmful. When stress is overwhelming or if you are unable to sufficiently cope with stress, it can lead to general poor health such as infections, heart disease, and depression. The following information can be used to aid in reducing your stress.



Use relaxation techniques - yoga, meditation, deep breathing, or massage.

Help others - volunteer work can be an effective and satisfying stress reducer.



Exercise - physical activity is one of the most efficient stress remedies.

Tackle one thing at a time - don't try to do too much at once.



Time management - prioritize your time. Use a check list so you will receive satisfaction upon completion of tasks.

Don't try to be perfect - relax, mistakes are valuable tools for life-long learning.



Eat a balanced diet - alcohol, caffeine, sugar, fats, and tobacco all put a strain on your body's ability to cope with stress.

Get enough sleep and rest - take a 10-20 minute nap to recharge your energy.



Talk with relatives, friends, professional counselors, or support groups about what is bothering you.

Have some fun - laugh often and spend time with those you enjoy.



Get away for awhile - Take a break. Do something that you enjoy ---- read a book, watch a movie, play a game, listen to music, go on vacation. Leave yourself some time that is just for you!!!

What's Your Stress Level?

Read the list of statements below and place a check mark next to all those statements you consider to be true in your life. Assess how you feel generally. Place an asterisk besides the statements that you feel are often true.

- _____ There are not enough hours in the day to get things done.
- _____ I am moody.
- _____ I am usually working to specific deadlines.
- _____ When I am working on a particular issue, I often get a complete blank and have to stop what I am doing to refocus.
- _____ I have nervous habits like biting my nails/chewing my pen/restless legs.
- _____ I never seem to have enough time for things.
- _____ I do not sleep well most nights.
- _____ I become overly upset if I am late for an appointment.
- _____ I smoke and/or drink and/or eat to excess.
- _____ I find it hard to wait patiently for things.
- _____ I find it difficult to complain.
- _____ I do everything at once rather than one thing at a time.
- _____ I find it difficult to say 'no' to people.
- _____ I usually eat my meals standing up or very quickly.
- _____ I tend to put off important decisions.
- _____ Once I have made up my mind, I stick to it.
- _____ I cannot name three people who make me feel good.
- _____ I do not socialize regularly with anyone who introduces me to new ideas.
- _____ If there is a crisis, it is usually up to me to sort things out.
- _____ I hold back from going to the bathroom when I need to.
- _____ I frequently have less sleep than I feel I need.
- _____ I would describe myself as competitive and ambitious.
- _____ I tend to hide my feelings from most people.
- _____ Once I stop work, I find it hard to slow down and switch off.
- _____ When things don't go my way, I become angry or unhappy.
- _____ I would like to sleep for a week.
- _____ I must try and be perfect in all I do.
- _____ I worry a great deal whether my plans will work out well.
- _____ Anger is destructive and should be avoided.
- _____ I do not relax often and take a break from responsibilities.



_____ Your TOTAL Stress Symptom Score