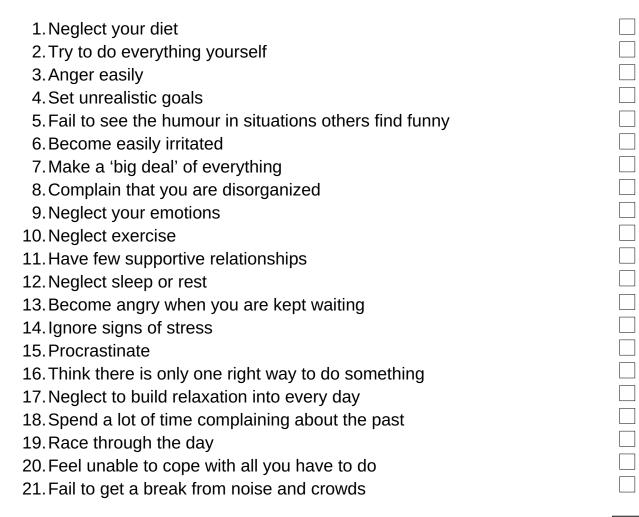
Assess Your Stress

Select the things you do frequently



Total



- **1-6** Your basic stress level is low and easily managed.
- 7-12 You have fairly good day-to-day stress management.
- 13-17 Your basic stress is high and above a comfortable level.You should revisit your plan for good self-care and work to reduce your overall stress load.
- **18+** You have enough factors to put you in distress. This level of stress can interfere with your overall functioning. You may want to consider reaching out to formal mental health supports.