

# Assess Your Stress

## Select the things you do frequently

- |   |                          |
|---|--------------------------|
| 1. Neglect your diet                                      | <input type="checkbox"/> |
| 2. Try to do everything yourself                          | <input type="checkbox"/> |
| 3. Anger easily   | <input type="checkbox"/> |
| 4. Set unrealistic goals                                  | <input type="checkbox"/> |
| 5. Fail to see the humour in situations others find funny | <input type="checkbox"/> |
| 6. Become easily irritated                                | <input type="checkbox"/> |
| 7. Make a 'big deal' of everything                        | <input type="checkbox"/> |
| 8. Complain that you are disorganized                     | <input type="checkbox"/> |
| 9. Neglect your emotions                                  | <input type="checkbox"/> |
| 10. Neglect exercise                                      | <input type="checkbox"/> |
| 11. Have few supportive relationships                     | <input type="checkbox"/> |
| 12. Neglect sleep or rest                                 | <input type="checkbox"/> |
| 13. Become angry when you are kept waiting                | <input type="checkbox"/> |
| 14. Ignore signs of stress                                | <input type="checkbox"/> |
| 15. Procrastinate   | <input type="checkbox"/> |
| 16. Think there is only one right way to do something     | <input type="checkbox"/> |
| 17. Neglect to build relaxation into every day            | <input type="checkbox"/> |
| 18. Spend a lot of time complaining about the past        | <input type="checkbox"/> |
| 19. Race through the day                                  | <input type="checkbox"/> |
| 20. Feel unable to cope with all you have to do           | <input type="checkbox"/> |
| 21. Fail to get a break from noise and crowds             | <input type="checkbox"/> |

**Total** ☐



- |              |   |
|--------------|---|
| <b>1-6</b>   | Your basic stress level is low and easily managed.  |
| <b>7-12</b>  | You have fairly good day-to-day stress management.  |
| <b>13-17</b> | 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.                                     |
| <b>18+</b>   | 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. |