

STRESS TEST

TAKE THIS SIMPLE TEST TO DETERMINE YOUR STRESS LEVEL.

A PROBLEM FOR ME

NOT A PROBLEM

1. Procrastination
2. Misplaced items
3. Interruptions
4. Inability to say "no"
5. Unrealistic time frames
6. Perfectionism
7. Fatigue, exhaustion
8. Lack of stamina
9. Lack of creativity
10. Inflexibility
11. Poor recall and memory
12. Lack of social time
13. Inability to relax
14. Preference to do things yourself
15. Rushing/skipping meals
16. Frequent lateness
17. Difficulty in listening
18. Little or no exercise
19. Conflicting demands
20. Lack of rewards

Scoring: Count the number of responses in the first column.

If you scored:	10 or more:	Stress in your life is reaching dangerous levels.
	5 to 10:	Difficult lifestyle.
	Less than 5:	Stress in check.