

## Stress Quiz

Count the number of questions you answered YES to and check below for more information.

<b>Do You Frequently:</b>	<b>Yes</b>	<b>No</b>
Feel bogged down by your to-do list?		
Try to do everything yourself?		
Feel pain?		
Feel anxious?		
Take painkillers and/or antidepressants?		
Skip a meal?		
Blow up?		
Fail to see humor in situations that others find funny?		
Have difficulty making decisions?		
Feel overwhelmed or scattered?		
Neglect exercise?		
Neglect self-care?		
Neglect relationships?		
Have difficulty falling asleep?		
Feel pressure to meet other people's expectations?		
Eat out because you have no time to shop for groceries and cook?		
Gossip?		
Procrastinate?		
Find it challenging to focus on one task or conversation?		
Forget important things?		
Fail to participate in family activities?		
Feel disorganized?		
Use sleeping pills and/or tranquilizers?		



Use caffeine and/or sugar to gain energy and overcome tiredness?		
Have a drink (or several) after work to help you relax?		
Feel alone with your challenges?		
Race through your day?		
Think about the past with regret?		
Think about the future with worry?		
Multitask?		

**What's your score?**

Count the number of questions you answered YES and check below for more information.

- 0: Congratulations!** You are coping well with stress and don't show any warning signs. Enjoy the extra inspiration that you can find through the Safe Stress session and begin sharing them with people in your life who can benefit.
- 1-5: You're doing great!** Although you do have a few stress indicators, you can manage them without too much effort. Practicing Safe Stress will help you shift toward a more relaxed way of life.
- 6-10: Be careful.** You have a number of negative stress effects in your life. Take these warning signals seriously and take action now. Practicing Safe Stress is a great strategy for you to recover energy throughout the day and release stress, before it damages your health and performance.
- 11-15: Your warning lights are flashing!** Pay attention, you're in danger. It's time to make some changes in your life. Begin incorporating Safe Stress techniques into your day and seek additional support from a life coach, counselor, colleague, friend or family member.
- >16: Emergency!** Stress is severely compromising your quality of life. You must stop and take a serious look at your life. Make an appointment with your healthcare professional and take her/his advice to heart. Engage the support of a life coach or counselor to help you shift from negative stress habits to positive, relaxing techniques.

Quiz adapted from CMHA's online stress quiz.

