

# My Stress Test

Below are 20 signs that indicate unhealthy levels of stress in your life. Which apply to you?

Answer each question with **sometimes**, **frequently**, or **always** and add up your score.

	Sometimes Score 1	Frequently Score 3	Always Score 5
I have difficulty concentrating.			
I have anxious or racing thoughts I can't control			
I tend to be moody from one day to another			
I tend to be irritable and short tempered			
I find it hard to completely relax and not think about anything			
I feel overwhelmed with everything in my life			
I feel lonely, alone, or isolated			
I don't feel very happy day to day			
I have aches and pains in my body			
I have digestive problems often, cramps, diarrhea, constipation			
I have chest pain, rapid heartbeat, or pounding of the heart			
I have frequent colds and flus			
I am eating more sugary or junk food than before			
I am sleeping too much or not enough			
I have trouble getting to sleep			
I tend to procrastinate on things at work and home			
I use alcohol, cigarettes or drugs to help me relax, or in excess			
I have nervous habits like nail biting, scratching, biting my lip...			
I get into arguments with people at work or at home			
I drive impatiently and get upset at other drivers			
Totals			

MY TOTAL SCORE IS \_\_\_\_\_

If your score is between 20-40 you are doing well in the areas of stress in your life.

If your score is between 41-60 you may consider making some adjustments so it doesn't increase.

If your score is over 60 you may want to seriously consider how stress is affecting your life and health.