



## Stress Quiz

How vulnerable are you to stress? Are you feeling stressed out now? If so, you are not alone. The quiz below will help you determine your level of stress.

Start by circling the items that apply to you.

1. I eat at least one hot, balanced meal a day.
2. I get 7-8 hours of sleep at least 4 nights a week.
3. I exercise to the point of perspiration at least three times a week.
4. I am the appropriate weight for my height, using a BMI assessment.
5. I drink fewer than two cups of coffee, tea or soda a day.
6. I drink fewer than five alcoholic drinks a week.
7. I take quiet time for myself during the day.
8. I can confide with at least one person in my circle of family/friends about personal issues.
9. I am calm when I am kept waiting/am stuck in traffic/late for an appointment.
10. I am able to speak openly about my feelings when angry, stressed or worried.
11. I have regular calm conversations with the people I live with about daily domestic household issues.
12. I recognize when I am not coping well under pressure.

## Scoring Yourself

Now add up the number of items you circled, and check your score below.

- 10 to 12: Probably not stressed out
- 7 to 9: Beginning to stress out
- 4 to 6: Possibly stressed out
- 0 to 3: Probably stressed out