

Stress Index

DO YOU FREQUENTLY:	YES	NO	DO YOU FREQUENTLY:	YES	NO
Neglect your diet?			Have few or no supportive relationships?		
Try to do everything yourself?			Use sleeping pills or tranquilizers without consulting a doctor?		
Blow up easily?			Not get enough rest?		
Seek unrealistic goals?			Get angry when you are kept waiting?		
Fail to see the humour in situations others find funny?			Ignore stress symptoms in your habits and attitudes?		
Act rude?			Put things off until later?		
Make a “big deal” of everything?			Think there is only one right way to do something?		
Look to other people to make things happen?			Fail to include relaxation time in your day?		
Have difficulty making decisions?			Gossip?		
Complain you are disorganized?			Impatiently try to race through your day?		
Avoid people whose ideas contradict your own?			Spend a lot of time complaining about your past?		
Bottle up everything inside?			Fail to get a break from noise and crowds?		
Avoid or neglect physical activity?			Score 1 for each “YES” answer		
			TOTAL YOUR SCORE		

1-6: You have few hassles and generally lead a low-stress life. That’s great! But, don’t spend so much energy avoiding problems that you shy away from challenges.

7- 13 You’ve got a handle on your life. Though you’re in good control, try to improve choices and habits that might still cause some unnecessary stress. You will find useful advice in these kits.

14-20 Warning: You’re in the danger zone! Even now you’re probably suffering stress-related symptoms. Take time out every day to look at choices you’ve made and reflect on outcomes. The suggestions in these kits will enable you to take better control of your life.

20+ Red flag emergency! Stop. Re-think. Change your lifestyle. Improve your diet. Make physical activity a regular routine, and above all, try to find ways to relax. Is it exercising? Knitting? Spending time with your kids? Try to positively alter your attitudes. Use the kits to help guide you to live a healthier, happier life. You may also wish to speak to your healthcare provider for some additional help.