

QUICK STRESS TEST

How Stressed are YOU?

Answer YES or NO to each of the 12 questions below.

YES NO

1. Do you often feel overwhelmed with your life?
2. Do you turn to junk food or sugary food when you feel overwhelmed?
3. Do you turn to alcohol, tobacco or other substances to calm yourself?
4. Do you have a hard time relaxing or feel unable to relax often?
5. Do you find it difficult to concentrate?
6. Do you experience headaches, pain or tension in your body?
7. Do you experience upset stomach?
8. Do you struggle to fall asleep at night?
9. Do you, on average, get less than 7-8 hours' sleep at night?
10. Do you feel irritable or anxious over minor things?
11. Do you find yourself not wanting to engage with others?
12. Do you notice a change in your sex drive?

How many questions did you answer YES to? Total:

Score: Everyone has bad days and feels some of the above occasionally, but if you have answered 'yes' to two or more of these questions and if you frequently experience them, your stress can be negatively impacting your daily life.

If you feel that you may not be managing your stress and a chronic condition as well as you could be and you want some help managing it, give me a call. You'll get there faster with a little help.

My very best wishes

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