

## Are You Stressed??

Circle the number that comes closest to representing how true the statement is for you right now.

| Less<br>True | More<br>True | Statement |   |   |   |
|--------------|--------------|-----------|---|---|---|
| 1            | 2            | 3         | 4 | 5 | A close family member has died in the past year.    |
| 1            | 2            | 3         | 4 | 5 | I moved to a new town in the last year.             |
| 1            | 2            | 3         | 4 | 5 | I have changed jobs in the last year.               |
| 1            | 2            | 3         | 4 | 5 | I left home in the last 12 months.                  |
| 1            | 2            | 3         | 4 | 5 | A close friend or family member is critically ill.  |
| 1            | 2            | 3         | 4 | 5 | I have had a major health problem in the last year. |
| 1            | 2            | 3         | 4 | 5 | A close relationship has ended in the last year.    |
| 1            | 2            | 3         | 4 | 5 | I was fired or laid off of my job in the last year. |
| 1            | 2            | 3         | 4 | 5 | I got married in the past year.                     |
| 1            | 2            | 3         | 4 | 5 | I took on a lot of debt in the past year.           |
| 1            | 2            | 3         | 4 | 5 | I got divorced or separated in the past year.       |
| 1            | 2            | 3         | 4 | 5 | I lost a lot of money in the past year.             |
| 1            | 2            | 3         | 4 | 5 | I have ongoing marital problems.                    |
| 1            | 2            | 3         | 4 | 5 | I have ongoing financial problems.                  |
| 1            | 2            | 3         | 4 | 5 | I have ongoing trouble with friends or relatives.   |
| 1            | 2            | 3         | 4 | 5 | I have ongoing problems meeting family demands.     |
| 1            | 2            | 3         | 4 | 5 | I have ongoing pressure at work or school.          |
| 1            | 2            | 3         | 4 | 5 | I have ongoing pressure with emotional problems.    |
| 1            | 2            | 3         | 4 | 5 | I am constantly facing important deadlines.         |
| 1            | 2            | 3         | 4 | 5 | I have a habit of looking at my watch often.        |

### Scoring

Add up the sum of all the numbers.

- 20-35            Virtually stress free—More responsibilities can be taken on.  
Life may have no direction or purpose at the moment.
- 36-50            Somewhat stressful—This is ideal. You have enough to do  
so you are not bored, yet you have not taken on too much.  
Congratulations!
- 51-75            Marginally high—You may be excessively tense. You may  
want to broaden your stress coping skills.
- 76-100           Super stressed—Reduce all pressures in your life or someone  
will be calling 911!