

# Measure Your Stress

Every day we face various kinds of stress. How we view our lives can often have an impact on our level of tension. The following questions can help you target the areas of your life that cause you stress. Take this quiz to discover which areas you need to focus on to reduce the pressure.

## How frequently do you face these situations on a regular basis?

- 1 - Never
- 2 - Rarely
- 3 - Sometimes
- 4 - Often
- 5 - All of the time

I am having financial difficulties \_\_\_\_\_

I have problems with my health \_\_\_\_\_

There is instability in my home \_\_\_\_\_

I have a family member who is seriously ill \_\_\_\_\_

I don't have time to do things simply for pleasure \_\_\_\_\_

Nobody notices when I do a good job \_\_\_\_\_

I feel that I live in a dangerous environment \_\_\_\_\_

I am worried about the security of my job \_\_\_\_\_

I am trying to lose weight \_\_\_\_\_

I don't have enough energy to make it through the day \_\_\_\_\_

## Your Results

If your total is below **15**, you lead a fairly low-stress life.

If your total is **between 16-22**, you lead a moderately stressful life.

If your total is **above 23**, you lead a high-stress life