

## ASSESS YOUR STRESS

TAKE THIS QUIZ TO FIND HOW YOU'RE RESPONDING TO THE EVENTS IN YOUR LIFE...

Responses: **O = Often**            **S = Sometimes**            **R = Rarely**

### DO YOU.....

1. Regret being angry or short tempered with others?
2. Feel like your emotions are getting the best of you?
3. Use alcohol, cigarettes, or drugs (street, etc, prescriptions) to cope with your stress?
4. Have sleep problems? (either can't fall asleep or can't get enough restful sleep)
5. Feel like things in your life are overwhelming or out of control?
6. Laugh or cry less than you used to?
7. Yell, cry, or withdraw a lot?
8. Feel sad, disappointed, or worried?
9. Eat too much (or too little) when you're stressed?
10. Hate admitting that you're not in control of your life?
11. Have trouble "letting go" of things that are bothering you?
12. Have too little time for family, friends, exercise, relaxation, or hobbies?
13. Over-blaming yourself or thinking that nothings goes right?

### SCORING

**IF YOU ANSWERED "OFTEN" OR "SOMETIMES" TO 4 QUESTIONS OR MORE, IT MAY BE TIME TO ADDRESS YOUR STRESS!**