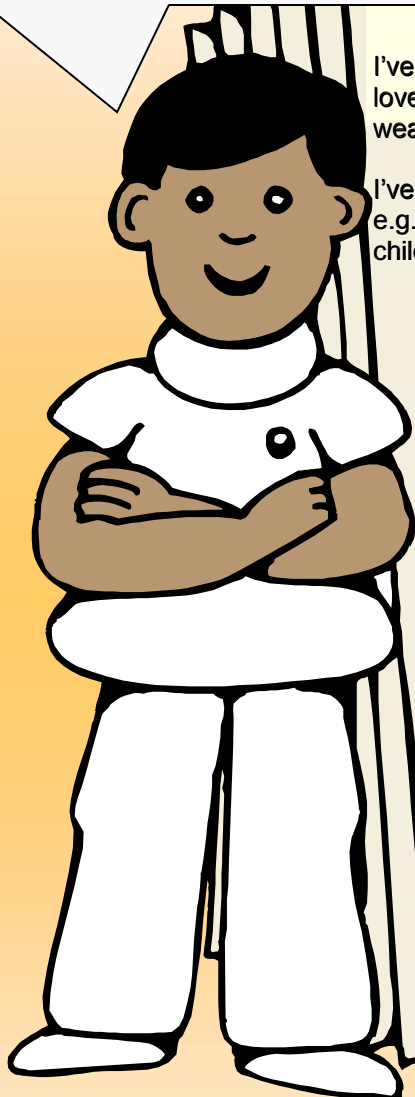


ARE YOU STRESSED?

SELF-ASSESSMENT STRESS TEST

This test can help you determine whether stress is something you should discuss with your health care provider. Circle the appropriate response next to each true statement and add up your total according to the points in each column.



I've recently experienced the loss of a loved one, job, relationship or material wealth.

Yes No

10 0

I've recently had a major change in my life, e.g., job, moving, marriage or birth of a child.

10 0

Often Sometimes Rarely/Never

I smoke, drink or overeat. 10 5 0

I don't get enough sleep. 10 5 0

I tend to have an inactive lifestyle (little or no exercise). 10 5 0

I get upset in traffic jams and other events beyond my control. 10 5 0

I tend to blow up easily. 10 5 0

I tend to take on more than I can handle. 10 5 0

I feel that everything I do must be perfect. 10 5 0

I tend to see the worst side of a situation. 10 5 0

HOW DID YOU DO?

- If you scored **0-25** points, you're probably doing a good job of controlling stress. Keep it up! 🧐
- If your total was **30-50**, you're at medium risk for letting stress take control of your life and should discuss it with your provider during your next visit.
- If you scored **55-75** points, you're at medium high risk and may want to 📅 schedule some time soon to discuss stress management with your provider.
- If you scored from **80 to 100**, you may be considered at high risk for stress-related problems and should speak with a health care professional 🩺 without delay.

(this test is not meant to replace a clinical assessment but to help you judge how you are doing or if you should seek help)

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