

## Identify Your Stress Level

Many symptoms of excess stress are easy to self-diagnose. To help determine how much stress you experience on a daily basis, answer the following questions.

- | <b>Yes</b> | <b>No</b> |  |
|------------|-----------|--|
| ___        | ___       | 1. Are you easily startled or irritated?   |
| ___        | ___       | 2. Are you increasingly forgetful?   |
| ___        | ___       | 3. Do you have trouble falling or staying sleep?                                 |
| ___        | ___       | 4. Do you continually worry about events in your future?                         |
| ___        | ___       | 5. Do you feel as if you are constantly under pressure to produce?               |
| ___        | ___       | 6. Do you frequently use tobacco, alcohol, or other drugs to help you relax?     |
| ___        | ___       | 7. Do you often feel as if you have less energy than you need to finish the day? |
| ___        | ___       | 8. Do you have recurrent stomachaches or headaches?                              |
| ___        | ___       | 9. Is it difficult for you to find satisfaction in simple life pleasures?        |
| ___        | ___       | 10. Are you often disappointed in yourself and others?                           |
| ___        | ___       | 11. Are you overly concerned with being liked or accepted by others?             |
| ___        | ___       | 12. Have you lost interest in intimacy or sex?                                   |
| ___        | ___       | 13. Are you concerned that you do not have enough money?                         |

Experiencing some of the stress-related symptoms or answering “yes” to a few questions is normal. However, if you experience a large number of stress symptoms or you answered “yes” to a majority of the questions, you are likely experiencing a high level of stress. Take time out to develop effective stress-management techniques.

*Source: Connect Core Concepts in Health, Twelfth Edition. 2012 The McGraw-Hill Companies, Inc.*