Are you stressed?
This test is not meant to replace a clinical assessment – these questions are intended to help you judge how you are doing. If you score as stressed, you should take steps to reduce the amount of stress in your life and you may also need to seek professional help.

Answer these twenty-one questions: Yes or No.

1. Do you frequently neglect your diet?
   Yes                No

2. Do you frequently try to do everything yourself?
   Yes                No

3. Do you blow up easily and often?
   Yes               No

4. Do you frequently seek unrealistic goals?
   Yes               No

5. Do you find it difficult to enjoy humor and entertainment?
   Yes               No

6. Do you frequently and easily get irritated?
   Yes               No

7. Do you frequently seem to make a "big deal" of everything?
   Yes               No

8. Do you frequently complain that you are disorganized?
   Yes               No

9. Do you tend to keep everything inside?
   Yes               No

10. Do you frequently neglect exercise?
    Yes               No
11. Do you have few supportive relationships?
   Yes                  No

12. Do you often get too little rest?
   Yes                  No

13. Do you frequently get angry when you are kept waiting?
   Yes                  No

14. Do you often ignore symptoms of poor health?
   Yes                  No

15. Do you frequently put things off until later?
   Yes                  No

16. Do you frequently think there is only one right way to do something?
   Yes                  No

17. Do you have an absence of enjoyable activities in your life?
   Yes                  No

18. Do you frequently find yourself spending a lot of time complaining about the past?
   Yes                  No

19. Do you wake up feeling anxious about going to work?
   Yes                  No

20. Do you often feel unable to cope with all you have to do?
   Yes                  No

21. Do you care for an elderly or ill relative?
   Yes                  No

_____________________________________________________________

Add up the questions you answered “yes” to.

Your score today is = _____

Scores of 1 - 6 - Few Hassles
Scores of 7 - 12 - Pretty Good Control
Scores of 13 - 17 - Danger Zone. Watch out!
Scores of 18+ - Stressed Out. Take steps to reduce the stress in your life now.