

SOURCE LINES

DO YOU KNOW WHAT YOUR STRESS LEVEL IS?

Stress can be difficult to understand. Strangely, we are not always aware that we are under stress. The habits, attitudes and signs that can alert us to problems may be hard to recognize because they have become so familiar. With this in mind here is a quick checklist to help you locate yourself in the “stress standings”.*

DO YOU FREQUENTLY:	YES	NO
Neglect your diet?	<input type="checkbox"/>	<input type="checkbox"/>
Try to do everything yourself?	<input type="checkbox"/>	<input type="checkbox"/>
Blow up easily?	<input type="checkbox"/>	<input type="checkbox"/>
Seek unrealistic goals?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to see the humour in situations others find funny?	<input type="checkbox"/>	<input type="checkbox"/>
Act rude?	<input type="checkbox"/>	<input type="checkbox"/>
Make a “big deal” of everything?	<input type="checkbox"/>	<input type="checkbox"/>
Look to other people to make things happen?	<input type="checkbox"/>	<input type="checkbox"/>
Have difficulty making decisions?	<input type="checkbox"/>	<input type="checkbox"/>
Complain you are disorganized?	<input type="checkbox"/>	<input type="checkbox"/>
Avoid people whose ideas are different than your own?	<input type="checkbox"/>	<input type="checkbox"/>
Keep everything inside?	<input type="checkbox"/>	<input type="checkbox"/>
Neglect exercise?	<input type="checkbox"/>	<input type="checkbox"/>
Have few supportive relationships?	<input type="checkbox"/>	<input type="checkbox"/>
Use sleeping pills and tranquilizers without a doctor’s approval?	<input type="checkbox"/>	<input type="checkbox"/>
Get too little rest?	<input type="checkbox"/>	<input type="checkbox"/>
Get angry when you are kept waiting?	<input type="checkbox"/>	<input type="checkbox"/>
Ignore stress symptoms?	<input type="checkbox"/>	<input type="checkbox"/>
Put things off until later?	<input type="checkbox"/>	<input type="checkbox"/>
Think there is only one right way to do something?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to build relaxation time into your day?	<input type="checkbox"/>	<input type="checkbox"/>
Gossip?	<input type="checkbox"/>	<input type="checkbox"/>
Race through the day?	<input type="checkbox"/>	<input type="checkbox"/>
Spend a lot of time complaining about the past?	<input type="checkbox"/>	<input type="checkbox"/>
Fail to get a break from noise and crowds?	<input type="checkbox"/>	<input type="checkbox"/>

Score 1 for each YES answer, 0 for each NO

Total Score _____

1 – 6: There are few hassles in your life. Make sure that you are not trying so hard to avoid problems that you shy away from challenges altogether.

7 – 13: You’ve got your life in fairly good control. Work on the choices and habits that could be causing you unnecessary stress in your life.

14 – 20: You’re approaching the danger zone. You may well be suffering stress-related symptoms and your relationships could be strained. Take steps to better control of your life.

Above 20: Emergency! You are at risk of emotional chaos and a poor physical health. Don’t wait another day to begin looking after yourself better.

*from the booklet “Coping With Stress” by the Heart and Stroke Foundation and Canadian Mental Health Association.