



What's your stress level?

Taking this test will give you a moment out of your busy life to tune in to your own stress signals. Although some of the listed symptoms could indicate a medical condition that warrants prompt attention, they are probably simply signs that too much stress may be affecting your sense of well-being.

1. Do you have headaches or stomach aches?
2. Do you have pain in your shoulders or arms?
3. Have your eating habits changed? Are you eating more or less than usual?
4. Do you worry about bad things happening to your loved ones?
5. Is it hard to concentrate?
6. Do you have trouble sleeping?
7. Do you lack energy to do the things you enjoy at the end of the day or on the weekend?
8. Do you often feel tired or apathetic?
9. Are you tense or irritable at work or at home?
10. Have you lost your sense of humor?
11. Are you increasingly forgetful?
12. Do you feel you have lost control over your life?
13. Do your relationships or friendships feel unsatisfying?
14. Has your drinking or smoking increased?
15. Do you find it hard to relax?

How did you do?

If you answered yes to more than half of the questions in the box, you may want to take steps to reduce stress. Begin by choosing an enjoyable stress-reducing activity to do for a few minutes every day.