



## QUICK STRESS ASSESSMENT

Many of us are completely unaware of how deeply we are stressed. Yet it can come with serious consequences. Take this quick test to check your risk factor.

Think back over the past month or so.

- ☐ Do you lie awake at night because your mind keeps racing?
- ☐ Do you often feel nervous or anxious or depressed?
- ☐ Do you feel guilty if you take time out to relax and do nothing?
- ☐ Do you get upset when caught up in traffic that's moving too slow?
- ☐ Do you feel that problems are piling up so high that you can't overcome them?
- ☐ Do you get impatient waiting in line-ups – do you leave if the line is too long?
- ☐ Have you found that you couldn't cope with all the things that you had to do- that you can never get caught up?
- ☐ Do you get upset when things happen unexpectedly?
- ☐ Do you sometimes feel that things just aren't going your way?
- ☐ Do you frequently get irritated or angry and you're not sure why?

So how did you do?

My Stress Risk Factor is:

If you had two or less “yesses”, then your stress levels are under pretty good control. While you may have stressful moments in your life, it appears that you are handling them pretty well.

Three to five means that your stress levels are elevated, and there is potential to develop physical, mental, emotional, and/or spiritual effects of stress. And you have likely begun to see the effects of them. Without better management of your stress, and the associated symptoms, you are putting yourself at risk.

Six to ten means your stress risk factor is HIGH. This means that you are much more likely to experience stress-related illness such as heart disease/strokes, mental health challenges (depression & anxiety), obesity, gastro-intestinal problems like irritable bowel syndrome, high blood pressure, and more.

I want to emphasize that this test is just a quick indicator. It is not intended to be a comprehensive evaluation of your stress levels, but it does look at some of the most typical symptoms of stress, and as such, if you experience more than a few of them, I highly recommend getting a professional opinion.

And for a more complete test, please visit: [soundwellness.com/survey](http://soundwellness.com/survey).

Or take our Stress Trivia test at [soundwellness.com/IQ](http://soundwellness.com/IQ)

*Sound Wellness*

[www.soundwellness.com](http://www.soundwellness.com)

© 2015, Sound Wellness