

# Stress Check

## *Understanding Stress and Wellness*

Although *stress* is a part of our daily life, our ability to manage stress is often a more important factor regarding its impact on our overall wellness. Take the simple survey below to gauge the impact stress has on your life.

**Directions:** For each question, circle one answer that best matches your response.  
When answering, consider your feelings over the past month unless specified otherwise.

I. Lately, I have had trouble getting to sleep or staying asleep.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

II. Recently, I've noticed my eating habits have changed (e.g., eating more or eating less than normal).

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

III. Over the past month, I have had a lack of interest in spending time with my family and/or friends.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

IV. Recently, I've been feeling more and more irritable and/or angry.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

V. Lately, I have had trouble remembering or concentrating.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

VI. I regularly feel overwhelmed at work and/or at home.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

VII. I feel happiest when I'm able to control most everything in my life.

1=Strongly Agree      2=Agree      3=Disagree      4=Strongly Disagree

VIII. How many days in the past week did you feel stressed?

1=five to seven days/week    2=three to four days/week    3=one to two days/week    4=Never

Now, add up your total score from the numbers that correspond with each answer you gave.

How are you currently handling life's daily stressors?

**My Score:** \_\_\_\_\_ **Today's Date:** \_\_\_\_\_

24 to 32 = You manage stress well. Consider becoming a social support to another family member or friend.

17 to 23 = Things could be better. Try to change the things you can, but accept those you can't.

00 to 16 = You've hit a rough spot in life. Consider reaching out to a friend or family member to share your feelings.

You may also want to seek support from a professional who can help you regain balance in your life.

**\*Medical Disclaimer:**

This form is for general knowledge only and is not to be considered, or intended, to be used as medical and/or other health advice for your specific medical or health condition. Before starting any wellness programs or related lifestyle changes, always consult with your personal physician and or health practitioners.