

The worksheet below helps you to evaluate your stress level.

You can ask health care providers to teach you stress reduction strategies and to provide you with relaxation tapes.

The 13-Item Stress Test

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| 1. True | False | I have a lot to do. |
| 2. True | False | I have more to do than I can handle. |
| 3. True | False | I'm not being productive. |
| 4. True | False | I'm trying really hard, but getting nothing done. |
| 5. True | False | I'm feeling unhealthy. |
| 6. True | False | I can't afford to take breaks or time off. |
| 7. True | False | I'm pushing myself too hard. |
| 8. True | False | I don't sleep very well. |
| 9. True | False | Too many people are telling me what to do. |
| 10. True | False | I am not treating people the way I want to be treated. |
| 11. True | False | I feel totally exhausted. |
| 12. True | False | Nobody is happy with what I do. |
| 13. True | False | I can't stand living like this. |

Scoring: The more True responses you circle, the greater the pressure you're feeling. Refer to the Stress Buster ideas on page 26 for suggestions to decrease stress.