

Stress quiz

Take this quiz to find out if stress may be affecting your life...and your health.

(Circle the letter next to your answer)

1. **Do you eat unhealthy foods when you're stressed? Do you eat when you're not hungry?**
 - a) No
 - b) Occasionally, but it's not a regular thing
 - c) Yes, my diet is not as healthy as it should be
2. **Do you sweat a lot even when you're not exercising?**
 - a) No
 - b) Sometimes, but not often
 - c) Yes, fairly regularly
3. **Do you have trouble sleeping?**
 - a) Rarely or never
 - b) Sometimes
 - c) Yes, I often have trouble falling or staying asleep
4. **Do you have digestive problems, such as stomach aches, indigestion, constipation or diarrhea, or ulcers?**
 - a) No
 - b) I get an occasional stress-related stomach ache
 - c) Yes, I have frequent digestive problems
5. **Are you suffering from burnout, anxiety, or depression?**
 - a) No
 - b) I don't know
 - c) Yes
6. **Are you taking care of yourself?**
 - a) Yes, I take good care of myself
 - b) I don't have as much time as I'd like for me, but I'm doing okay
 - c) No, I take care of everyone else but me
7. **Do you exercise regularly?**
 - a) Yes, I'm active and exercise at least 3 times per week
 - b) Sometimes. I get some exercise during the day, or I go to the gym a couple of times a week
 - c) No, I'm not active and I don't go to the gym regularly
8. **Do you smoke as a way to deal with stress?**
 - a) No
 - b) I do, but I don't consider it a problem
 - c) Yes, and I know it's not good for me
9. **Do you drink alcohol as a way to deal with stress?**
 - a) No
 - b) I do, but I don't consider it a problem
 - c) Yes, and I know it's not good for me
10. **Do you get headaches often?**
 - a) No, not often
 - b) I get them once a month or so
 - c) Yes, I get them regularly

11. Do you have trouble maintaining a healthy weight?

- a) No, I'm within 10 pounds of my "ideal" weight
- b) I struggle with my diet like many people, but it's not too much of a problem
- c) Yes, I've put on much more weight than I'm comfortable with, or I can't keep weight on

12. Are you easily irritated?

- a) No, I'm pretty even-tempered. It takes a lot to get me irritated
- b) Somewhat. I have less patience than I'd like, but it's not a problem in my life
- c) Yes. I snap at people with little reason to be upset

13. In the past year, how often have you missed work due to illness?

- a) Maybe once
- b) 2-3 times
- c) 4 or more times

14. Do you feel that stress may be affecting your life?

- a) Not really
- b) I'm not sure, but I would be surprised if it were true
- c) Yes. I'm sure stress is affecting my life

Add up your A, B, and C responses, and enter the totals in the boxes below.

No. of A's	No. of B's	No. of C's

If most of your answers were A

You're in good shape! You appear to have a pretty healthy handle on your stress levels, and stress is most likely not affecting your health in a significant way.

If most of your answers were B

You may be experiencing some stress-related health effects. While you may not be having serious health issues, it's important to lead a healthy lifestyle that minimizes stress, because over time, stress can lead to more serious problems.

If most of your answers were C

You may be at high risk of experiencing health problems due to your stress levels. You may be experiencing them already. It's important to manage stress in your life to protect your health.

Talk to your healthcare provider to learn how to manage stress in your life.

Your provider may recommend seeing a counselor for other ways to manage stress.