

Stress Quiz

| Do You Frequently: | Yes | No |
|--|-----------------------|-----------------------|
| Feel bogged down by your to-do list? | <input type="radio"/> | <input type="radio"/> |
| Try to do everything yourself? | <input type="radio"/> | <input type="radio"/> |
| Feel pain? | <input type="radio"/> | <input type="radio"/> |
| Feel anxious? | <input type="radio"/> | <input type="radio"/> |
| Take painkillers and/or antidepressants? | <input type="radio"/> | <input type="radio"/> |
| Skip a meal? | <input type="radio"/> | <input type="radio"/> |
| Blow up? | <input type="radio"/> | <input type="radio"/> |
| Fail to see humor in situations that others find funny? | <input type="radio"/> | <input type="radio"/> |
| Have difficulty making decisions? | <input type="radio"/> | <input type="radio"/> |
| Feel overwhelmed or scattered? | <input type="radio"/> | <input type="radio"/> |
| Neglect exercise? | <input type="radio"/> | <input type="radio"/> |
| Neglect self-care? | <input type="radio"/> | <input type="radio"/> |
| Neglect relationships? | <input type="radio"/> | <input type="radio"/> |
| Have difficulty falling asleep? | <input type="radio"/> | <input type="radio"/> |
| Feel pressure to meet other people's expectations? | <input type="radio"/> | <input type="radio"/> |
| Eat out because you have no time to shop for groceries and cook? | <input type="radio"/> | <input type="radio"/> |
| Gossip? | <input type="radio"/> | <input type="radio"/> |
| Procrastinate? | <input type="radio"/> | <input type="radio"/> |
| Find it challenging to focus on one task or conversation? | <input type="radio"/> | <input type="radio"/> |
| Forget important things? | <input type="radio"/> | <input type="radio"/> |

| | | |
|--|-----------------------|-----------------------|
| Fail to participate in family activities? | <input type="radio"/> | <input type="radio"/> |
| Feel disorganized? | <input type="radio"/> | <input type="radio"/> |
| Use sleeping pills and/or tranquilizers? | <input type="radio"/> | <input type="radio"/> |
| Use caffeine and/or sugar to gain energy and overcome tiredness? | <input type="radio"/> | <input type="radio"/> |
| Have a drink (or several) after work to help you relax? | <input type="radio"/> | <input type="radio"/> |
| Feel alone with your challenges? | <input type="radio"/> | <input type="radio"/> |
| Race through your day? | <input type="radio"/> | <input type="radio"/> |
| Think about the past with regret? | <input type="radio"/> | <input type="radio"/> |
| Think about the future with worry? | <input type="radio"/> | <input type="radio"/> |
| Multitask? | <input type="radio"/> | <input type="radio"/> |

What's your score?

Count the number of questions you answered YES and check below for more information.

- 0: Congratulations!** You are coping well with stress and don't show any warning signs. Enjoy the extra inspiration that you can find through Mini-Breaks and begin sharing them with people in your life who can benefit.
- 1-5: You're doing great!** Although you do have a few stress indicators, you can manage them without too much effort. Mini-Breaks will help you shift toward a more relaxed way of life.
- 6-10: Be careful.** You have a number of negative stress effects in your life. Take these warning signals seriously and take action now. Mini-Breaks are a great strategy for you to recover energy throughout the day and release stress, before it damages your health and performance.
- 11-15: Your warning lights are flashing!** Pay attention, you're in danger. It's time to make some changes in your life. Begin incorporating Mini-Breaks into your day and seek additional support from a life coach, counselor, colleague, friend or family member.
- >16: Emergency!** Stress is severely compromising your quality of life. You must stop and take a serious look at your life. Make an appointment with your healthcare professional and take her/his advice to heart. Engage the support of a life coach or counselor to help you shift from negative stress habits to positive, relaxing techniques.

Quiz adapted from CMHA's online stress quiz.