

**INSTRUCTIONS & PURPOSE:** This assessment will help you to diagnose, strategize and manage your level of stress, so that you can achieve a better work-life balance. **Be honest when answering the following questions!**

Do You Frequently...	Yes	No
• Neglect your diet?		
• Try to do everything?		
• Blow up easily?		
• Set unrealistic goals?		
• Fail to see the humour in situations others find funny?		
• Act rudely?		
• Make a "big deal" of everything?		
• Look to other people to make things happen?		
• Have difficulty making decisions?		
• Complain about being disorganized?		
• Avoid people whose ideas are different from your own?		
• Keep everything inside?		
• Neglect exercise?		
• Lack supportive relationships?		
• Use psychoactive drugs, like sleeping pills, without a physician's approval?		
• Get angry when you are kept waiting?		
• Ignore stress symptoms?		
• Procrastinate?		
• Think there is only one right way to do something?		
• Fail to allot yourself time for relaxation?		
• Gossip?		
• Race through the day?		
• Spend a lot of time feeling bad about the past?		
• Fail to get a break from noise and crowds?		
<b>MY SCORE IS:</b>		

Index adapted from *60 Ways to Make Stress Work for You* by Andrew F. Slavy, PIA Press (1988).

### Stress Index Scoring

**Score 1 point for each "YES" answer and 0 for each "NO" answer. Your total score can be interpreted as follows:**

<b>Under 7</b>	There are few hassles in your life. Make sure that you are not trying so hard to avoid problems that you shy away from challenges.
<b>7 to 13</b>	You have your life under control. Work on the choices and habits that could still be causing some unnecessary stress in your life.
<b>14 to 20</b>	You are approaching the danger zone. You may well be suffering stress-related symptoms, and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks every day.
<b>Over 20</b>	Emergency! You must stop now and rethink how you are living. Re-evaluate your attitudes, and pay very careful attention to your diet, exercise and relaxation programs.
What are 2-3 strategies you would like to implement to better manage your stress?	<ol style="list-style-type: none"> <li>1.</li> <li>2.</li> <li>3.</li> </ol>

**ARTICLE:** "The Age of Anxiety"