

Stress Strategy Assessment



Rate your relationship with the following lifestyle patterns using the scores below:

0 = Never 1 = Rarely 2 = Occasionally 3 = Often 4 = Consistently

___ I have a successful career, but I never have time to do things I really enjoy.

___ I find that I “snap” (yell at) my partner, my kids or my employees.

___ I work on my days off.

___ I feel like my life is on autopilot and does not feel fulfilling or inspiring.

___ I’m doing so much for others that I never have time for myself.

___ I feel like I’m constantly trying to catch up at work and at home.

___ I work late or skip lunch at least two times per week.

___ I have a health condition that is impacted by stress.

___ I cut corners on the amount of sleep I get, or I don’t sleep through the night.

___ I don’t have enough time in my day.

___ **TOTAL STRESS ASSESSMENT SCORE**

Score Interpretation:

0-10 = Low stress

21-30 = High stress

11-20 = Moderate stress

31-40 = Extreme stress

Turn your stress into success.

Stress Management Specialist Sara Register RN, BSN

Sara@directions4wellness.com ♦ Directions4Wellness.com ♦ 602-363-5533