Measure Your Stress

Every day we face various kinds of stress. How we view our lives can often have an impact on our level of tension. The following questions can help you target the areas of your life that cause you stress. Take this quiz to discover which areas you need to focus on to reduce the pressure.

How frequently do you face these situations on a regular basis?

1 - Never
2 - Rarely
3 - Sometimes
4 - Often
5 - All of the time

I am having financial difficulties _____
I have problems with my health _____
There is instability in my home _____
I have a family member who is seriously ill _____
I don't have time to do things simply for pleasure _____
Nobody notices when I do a good job _____
I feel that I live in a dangerous environment _____
I am worried about the security of my job _____
I am trying to lose weight _____
I don't have enough energy to make it through the day _____

Your Results

If your total is below 15, you lead a fairly low-stress life.
If your total is between 16-22, you lead a moderately stressful life.
If your total is above 23, you lead a high-stress life