



From the Desk of
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Are you stressed?

Find out by taking the test below.

(This test is not meant to replace a clinical assessment but to help you judge how you are doing. If you score as stressed you may need to seek help.)

Answer these twenty questions: Yes or No. Circle One

1. Do you frequently neglect your diet?

Yes No

2. Do you frequently try to do everything yourself?

Yes No

3. Do you frequently blow up easily?

Yes No

4. Do you frequently seek unrealistic goals?

Yes No

5. Do you frequently fail to see the humor in situations others find funny?

Yes No

6. Do you frequently get easily irritated?

Yes No

7. Do you frequently make a "big deal" of everything?

Yes No

8. Do you frequently complain that you are disorganized?

Yes No

Yes No

10. Do you frequently neglect exercise?

Yes No

11. Do you frequently have few supportive relationships?

Yes No

12. Do you frequently get too little rest?

Yes No

13. Do you frequently get angry when you are kept waiting?

Yes No

14. Do you frequently ignore stress symptoms?

Yes No

15. Do you frequently put things off until later?

Yes No

16. Do you frequently think there is only one right way to do something?

Yes No

17. Do you frequently fail to build relaxation into every day?

Yes No

18. Do you frequently spend a lot of time complaining about the past?

Yes No

19. Do you frequently race through the day?

Yes

No 20. Do you frequently feel unable to cope with all you have to do.

Yes No

Your score is =

Scores of 1-6 Few Hassles

Scores of 7-12 Pretty Good Control

Scores of 13-17 Danger Zone. Watch out!

Scores of 18+ Stressed Out. You may need help.

Stress Test

Find your stress level by checking the events you have experienced in your life in the last year. Check any event that applies to you then click on "Then Calculate Your Total Stress Units" to get your score.

Question 1 of 8

Your Finances

Change in financial state (38) Question 2 of 8

Your Living Conditions

Change in eating habits (15)

Question 3 of 8

Your Family and Personal Life

Foreclosure of mortgage or loan (30)

Mortgage or loan less than \$10,000 (18)

Mortgage more than \$10,000 (31)

Change in living conditions (25)

Change in residence (20)

Change in recreation (19)

Change in church activities (19)

Change in sleeping habits (16)

Death of a Spouse (100)

Death of a Close Family Member (63)

Divorce (73)

Marital Separation (65)

Marriage (50)

Marital Reconciliation (45)

Retirement (45)

Pregnancy (40)

Gain of new family member (39)

Death of close friend (37)

Son or daughter leaving home (29)

Trouble with in-laws (29)

Outstanding personal achievement (28)

Change in number of arguments with spouse (35)

Wife begins or stops work (26)

Revision of personal habits (24)

Change in number of family members (15)

You and the Law

Jail term (63)

Minor violations of the law (11)

Question 5 of 8

Your Work

Fired from work (47)

Business readjustment (39)

Change to different line of work (36)

Change in responsibilities at work (29)

Change in work hours or conditions (20)

Trouble with boss (23)

Question 6 of 8

Holidays

Vacation (13)

Christmas (12)

Question 7 of 8

Your Education

Begin or end school (26)

Change in schools (20)

Question 8 of 8

Your Health

Personal injury or illness (44)

Change in health of family member (39)

Sex difficulties (63)

Your total stress score is:

If your score totals 150 or more:

You have a 50-50 chance of developing an illness.

If your score totals 300 or more:

You have a 90 percent chance of developing an illness