

# Test Your Stress

live well, work well

Health and wellness tips for your work, home, and life—brought to you by the insurance and healthcare specialists at HUB International of California Insurance Services, Inc..



Like most working professionals, you experience job stress, relationship and family anguish and financial worries while trying to balance your life at home with your life at work. Since carrying round these burdens can ultimately become too much to bear, it is healthy to identify stressors in your life and then take a proactive role in reducing them. If you ignore these stressors, you can develop more serious health-related problems, including heart disease, fatigue and weight gain.

To learn what makes your hair stand on end and your blood pressure rise, take this stress test adapted from *Women's Health* magazine. Once you can identify what is stressing you out, you can reduce or eliminate those triggers from your life and live in a more Zen-like manner.

## 1. Work Stressors

For each of the following stressors, circle the amount each has caused you anguish in the last month:

	GREAT	MODERATE	LITTLE	NONE
Workplace environment is uncomfortable and draining	3	2	1	0
Difficult or hazardous working conditions	3	2	1	0
Long or dangerous commute	3	2	1	0
Excessive responsibilities	3	2	1	0
Competing demands	3	2	1	0
Hard-to-meet deadlines	3	2	1	0
No resources to fulfill job tasks	3	2	1	0
Lack of input from others on your work	3	2	1	0
Excessive responsibility for others' work	3	2	1	0
Lack of appreciation or recognition	3	2	1	0

	GREAT	MODERATE	LITTLE	NONE
Instructions from too many or conflicting sources	3	2	1	0
Dislike job	3	2	1	0
Do not have the ability to be creative	3	2	1	0
Job does not meet expectations	3	2	1	0
Loss of dedication to your job	3	2	1	0
Lots of workplace conflicts	3	2	1	0
Workplace policies are unfair	3	2	1	0
Inadequate or excessive contact with others	3	2	1	0
Experienced harassment, discrimination or persecution	3	2	1	0
Excessive monitoring of your performance	3	2	1	0
Job is not secure	3	2	1	0

**TOTAL SCORE:** \_\_\_\_\_ **Ideal: 0-7** ◇ **Balanced: 8-16** ◇ **Stressed: 17-25** ◇ **Exhausted: 26 or more**

## 2. Feeling of Personal Empowerment

For each of the following statements, circle how similar it is to the way you have felt about yourself in the last month:

	EVERY DAY	WEEKLY	ONCE OR TWICE	NEVER
It does not seem worth it to change things that are not going my way.	3	2	1	0
My stress is not predictable.	3	2	1	0
I can easily find ways to accomplish what I want.	3	2	1	0
I find it hard to give to people close to me.	3	2	1	0
I often feel powerless.	3	2	1	0
I experience problems that I cannot solve.	3	2	1	0
I do not have control over various aspects of my life.	3	2	1	0
I enjoy a new challenge.	3	2	1	0

**TOTAL SCORE:** \_\_\_\_\_ **Ideal: 0-3** ◇ **Balanced: 4-7** ◇ **Stressed: 8-11** ◇ **Exhausted: 12 or more**

### 3. Personal Stressors

For each of the following stressors, circle the amount each has caused you anguish in the last month:

	GREAT	MODERATE	LITTLE	NONE
Lack of financial security	3	2	1	0
Extreme debt	3	2	1	0
Problems with your partner	3	2	1	0
Fights over household duties	3	2	1	0
Problems with children	3	2	1	0
Family pressures	3	2	1	0
Lack of time to spend with good friends and family	3	2	1	0
Work/family balance troubles	3	2	1	0
Problems with sexual chemistry	3	2	1	0
Live in a dangerous area	3	2	1	0
Lack of friends in your neighborhood	3	2	1	0
Lack of time to spend with your partner	3	2	1	0

TOTAL SCORE: \_\_\_\_\_ Ideal: 0-4 ♦ Balanced: 5-9 ♦ Stressed: 10-15 ♦ Exhausted: 16 or more

### 4. Activities Promoting Self-Care

For each of the following self-care practices, circle how often you have engaged in them in the last month:

	ALWAYS	FREQUENTLY	RARELY	NEVER
Eat breakfast in the morning	3	2	1	0
Maintain a healthy weight	3	2	1	0
Do not eat sugary foods	3	2	1	0
Do not eat fatty foods	3	2	1	0
Do not eat salty foods	3	2	1	0
Engage in aerobic exercise	3	2	1	0
Stretch and do yoga	3	2	1	0
Appreciate your body	3	2	1	0
Identify tensions in your body	3	2	1	0
Have good dental care	3	2	1	0

	ALWAYS	FREQUENTLY	RARELY	NEVER
Wear your seat belt	3	2	1	0
Visit a professional for emotional health assistance	3	2	1	0
Take time off when you need it	3	2	1	0
Do not smoke	3	2	1	0
Drink alcohol in moderation	3	2	1	0
Visit a physician that you know and trust	3	2	1	0

**TOTAL SCORE:** \_\_\_\_\_ **Ideal: 37 or more** ◇ **Balanced: 31-36** ◇ **Stressed: 22-30** ◇ **Exhausted: 0-21**

### 5. Emotional Distress

For each of the following feelings, circle how frequently you have experienced the following symptoms in the last month:

	EVERY DAY	WEEKLY	ONCE OR TWICE	NEVER
Anxiety	3	2	1	0
Inability to let certain things go	3	2	1	0
Excessive worrying	3	2	1	0
Fidgeting	3	2	1	0
Angry, annoyed or experiencing emotional outbursts	3	2	1	0
Lethargic	3	2	1	0
Low energy	3	2	1	0
Feel as though nothing is important	3	2	1	0
Drained emotionally	3	2	1	0
Lack sexual interest	3	2	1	0
Feel depressed	3	2	1	0
Fearful of the future	3	2	1	0
Feel hopeless	3	2	1	0
Are easily angered	3	2	1	0
Have a difficulty focusing	3	2	1	0
Cannot remember important things	3	2	1	0
Mind seems to go blank easily	3	2	1	0

**TOTAL SCORE:** \_\_\_\_\_ **Ideal: 0-5** ◇ **Balanced: 6-13** ◇ **Stressed: 14-23** ◇ **Exhausted: 24 or more**

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## Analyzing Your Results

Did you find yourself in the “stressed” or “exhausted” category much of the time? Then you need to ease the stress in your life for the sanctity of your health and overall happiness.

- To ease work-related stress: Work on challenging and strategic projects first thing in the morning when you are the most on your game. Also consider breaking down your day into specific tasks to avoid taking on too much at once.
- To empower yourself, avoid over-generalizing things in your life. If you “always” assume that things won’t go your way or “never” think you will be successful, you cannot move forward and change the things that stress you the most.
- To minimize stressors in your personal life, make small adjustments that minimally alter your current schedule. Since you probably have a routine, these minimal tweaks will positively affect your daily life.
- To promote self-care, eat a healthy breakfast of whole grains and fruits. Also take a vitamin with at least 500 milligrams (mg) of calcium and 250 mg of magnesium. Opt for a healthy snack of sliced veggies. Chopping on hard-to-bite carrots will release the tension in your jaw. Plus, they are extremely nutritious. Before you lay your head to rest, enjoy a light snack that is rich in carbohydrates such as toast.
- To identify emotional stressors, consider journaling what is bothering you and then set aside a specific time during the week to examine your journal to figure out solutions to your stressors.

*This brochure is for informational purposes only and is not intended as medical advice. For further information, please consult a medical professional.*  
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