



Stress Management

The internal stress test

Which of the following do you say YES to?

Yes

No

Drink lots of coffee or tea?

Neglect to take vitamins?

Disregard salt intake?

Skip meals?

Do everything yourself?

Ignore others' suggestions?

Argumentative or temperamental?

Set unrealistic goals?

Lack a plan?

Forget to relax muscles?

Forget to laugh?

Act rudely?

Remain unaware of your goals?

Ignore your body's signals?

Try to deny reality?

Fail to test your stress tolerance?

Make a 'big deal' out of a lot of things?

Let others seek things for you?

Have difficulty making decisions?

Lack of knowledge of your strengths?

Lack organisation?

Minimise encounters with people and ideas which are different?

Each YES answer counts as one point. Each NO answer counts as zero.

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Which of the following do you say YES to?	Yes	No
Avoid crises?		
Keep everything bottled up inside?		
Lack a sense of imagination?		
Lack exercise?		
Lack interpersonal skills?		
Feel your life is out of control?		
Fail to leave time for the unexpected?		
Don't prioritise getting enough rest?		
Find yourself waiting for someone and getting angry?		
Think everyone is replaceable?		
Hide your weaknesses?		
Find yourself spending a lot of time thinking about the past?		
Find yourself unprepared?		
Fail to build in relaxation time?		
Have only one right way to do things?		
Never 'let yourself go' or do anything out of your comfort zone?		
Say yes to everything?		
Gossip?		
Race through the day?		
Hate routine?		
Feel that escaping noise and people is unimportant?		
Just let friendships happen and wait for friends to come along?		

Total

The closer your YES total is to 45, the higher your stress index. You need to look at ways to help calm yourself down and relax more!

