



Chronic Stress Quiz

Directions: Place a check mark near all the statements that currently apply to you.

- 1. I have a hard time concentrating and getting things done.
- 2. I use tobacco, alcohol or other numbing agents (drugs, sugar, etc.) to relax.
- 3. I get a lot of headaches / tension headaches.
- 4. I'm always worrying about something.
- 5. I experience burning in my stomach and have a lot of digestive problems.
- 6. It's hard for me to get up and get going in the morning.
- 7. I generally feel run down, fatigued and get sick frequently (colds, flu, etc.).
- 8. I have very little patience and am easily irritated by others.
- 9. Many of my relationships are challenging and I feel drained by them.
- 10. I have a high pressure career that most people couldn't handle.
- 11. I have a chronic illness or chronic pain.
- 12. At times, I feel like one or more areas of my life are out of my control.
- 13. I don't fall asleep easily and rarely get a good night's sleep.
- 14. I'm having financial difficulties or am facing a serious health crisis.
- 15. One or more of the above items has been going on for 3 weeks or longer.

Scoring: Give yourself 1 point for each item you checked for numbers 1 – 10, and 5 points for each item you checked in numbers 11 - 15.

My Score: _____

Here's what your score means:

1 – 4 points: Mild stress that you're most likely managing well. Monitor these items and others and be aware of any of them worsening.

5 – 9 points: Your stress is becoming a concern. Take action steps now to prevent it becoming chronic stress and causing more severe problems.

10 points or more: You're most likely experiencing chronic stress and should take immediate proactive steps to resolve what's causing it. Get some help now.

For more information, see for <https://www.kathyzing.com/a-moment-of-silence-for-your-chronic-stress/>