

## **Stress Quiz**

Please complete all items. Rate each item on a scale of 1-5. Please choose one number and do not write a decimal, such as 3.5. Select the answer that best represents your feelings, thoughts, and behaviors regarding your view of yourself and your future.

Choose how true each statement is for you.	

1	2	3	4	5
Less true				More True

	STATEMENT	Rating
1.	I do not suffer from regular headaches or digestive problems	
2.	I get enough sleep	
3.	I spend regular time with my family	
4.	I get some moderate exercise at least 3 times a week	
5.	I enjoy my work (paid or unpaid)	
6.	I have a regular interest or hobby	
7.	I have resolved any money problems	
8.	My paperwork is organized and filed away	
9.	I have a good social life	
10.	I have a good relationship with my family	
11.	I feel good about myself	
12.	I have a healthy, balanced diet	
13.	I find regular time to have fun	
14.	I know and use a good relaxation technique	
15.	I find time for myself daily	
16.	My work fulfils me	
17.	I have a good work-life balance	
18.	I see my friends regularly	
19.	I find it easy to concentrate	
20.	I have someone who gives great support with whom I can share my concerns openly	

## Score Key

**80+** You are generally good at managing your stress

**50+** You can manage your stress at times, but you suffer some stress

**Below 50** You probably feel quite stressed. Take immediate steps to manage your stress and avoid ill health.

Get in touch today for a **Powerful Coaching Conversation** to discover how I can help you to manage your Stress. Contact me at paul@bigvisionlifecoach.com