Stress Test

To do the test, read the questions, mark the space which reflects your answer, then total the points.

Never	Seldom	Sometimes	Often	Always
1	2	3	4	5

1	Do you try to do as much as possible in the least amount of time?	
2	Are you impatient with delays and/or interruptions?	
3	Do you have to win at games to enjoy yourself?	
4	Are you unlikely to ask for help with a problem?	
5	Do you constantly strive to better your position or achievements?	
6	Do you constantly seek the respect and admiration of others?	
7	Are you overly critical of the way others do their work?	
8	Do you have the habit of often looking at your watch?	
9	Do you spread yourself too thin in terms of time?	
10	Do you have the habit of doing more than one thing at a time?	
11	Do you ever get angry or irritable?	
12	Do you have a tendency to talk quickly or hasten conversation?	
13	Do you consider yourself hard-driving?	
14	Do your friends and relatives consider you hard-driving?	
15	Do you have a tendency to get involved in multiple projects?	
16	Do you have a lot of deadlines in your work?	
17	Do you feel vaguely guilty if you relax or go out of the office at lunchtime?	
18	Do you take on too many responsibilities?	
	Total Score	

Scoring
Less than 45: Mild or No stress
45-72: Moderate stress
72+: High to Severe stress

COMMON MISCONCEPTIONS ABOUT STRESS

We always know when we are under stress.
Often people become so accustomed to stress that they become unaware of it. Many of us suffer the debilitating effects of stress even though we don't feel tense. But stress can change the way you treat others, or damage your body even in the absence of feelings of frustration or anxiety.

Stress is something that affects only those who have high-pressure lives.
Many ordinary individuals experience the constant stress of worry, leading unfulfilled lives, or of not being who they would like to be.

The only way to lower stress is to change your surroundings or take medication.
Changing your outlook on life is the most reliable and effective way of reducing stress. Stress comes from the way we perceive the world, not from the way the world really is.

Stress is caused by events that happen to us.
To paraphrase the Stoic philosopher Epictetus, it is not events in themselves that cause our distress, but rather the views we take of events.

Emotions have a will of their own and cannot be controlled.
We can change our feelings by first changing our behavior or by changing our thinking. For example, getting some work done can keep us from worrying about it. Creating a new understanding of a situation can make it less threatening or stressful.

GOLDEN RULES FOR REDUCING STRESS

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1. Get your priorities right- sort out what really matters in your life.
2. Think ahead and try to anticipate how to get around difficulties.
3. Share your worries with family or friends whenever possible.
4. Try to develop a social network or circle of friends.
5. Exercise regularly.
6. Give yourself treats and rewards for positive actions, attitudes and thoughts.
7. Get to know yourself better.
8. Think realistically about problems and decide to some appropriate action; if necessary distract yourself in a pleasant way – don't 'bottle things up' or sit all night brooding.
9. Try to keep things in proportion.
10. Don't be too hard on yourself.
11. Seek medical help if you are worried about your health.
12. Relax and take short rests throughout the day, every day.
13. Learn to delegate.
14. Make space for leisure time.
15. Have proper breaks for meals.
16. Make time for yourself every day and every week.
17. Listen carefully to those around you.
18. Enjoy yourself, your family and friends.