

## Worksheet 1.1

# Are You Stressed Out?

Take this quiz\* to find out.

Check the box if the statement is true about you.

- I often have digestive upsets.
- I tend to lose my temper easily.
- I have trouble sleeping.
- People say I am a "worry wart."
- I have difficulty concentrating.
- I feel tired and drained all the time.
- I watch a lot of TV.
- I often get migraines or tension headaches.
- I feel "blue" and have a hard time getting over it.
- I am really impatient with other people
- I feel "burned out."
- I feel the harder I work, the more behind I get.



\* adapted from the American Heart Association. (1993). *Common sense about feeling tense*. Dallas, TX: Author.

## Count the Checks.

*If your score is:*

**0-3** Congratulations! You don't seem to be experiencing many common symptoms of stress. Through *Targeting Stress* you will discover new ways to maintain your low-stress habits.

**4-8** You have quite a few symptoms of stress. Learn how to cope better by participating in *Targeting Stress* and working through the exciting material that follows.

**9-12** The many symptoms you are experiencing may be related to high levels of stress.