

PERSONAL STRESS TEST



For You

See Your True Potential

Please put a **Yes** or a **No** beside the following statements that apply to you:

In the last 3 months...

- I have felt overwhelmed by so much to do.....
- I have experienced the loss of someone close to me.....
- I have had a conflict within my family or close relationships.....
- I have experienced financial difficulties.....
- I have been faced with a job loss or a family member's job loss.....
- I have experienced a lot of headaches, migraines or stomach upsets.....
- I have felt tired all the time.....
- I have experienced insomnia or slept more than I needed too.....
- I have become more forgetful.....
- I have felt depressed or been tearful.....
- I have felt anxious or worried all the time.....
- I have experienced mood swings.....
- I have had a significant increase or decrease in weight.....
- I have been through a divorce or separation.....
- I have moved house or had major house repairs.....
- I have been faced with a family members' illness.....
- I have had a significant illness myself.....
- I have experienced problems with my children / those I care for.....

If you have answered **Yes to 6 or more** statements then you may be experiencing a **high level of stress**.

PERSONAL STRESS TEST

What can you do about it?

The 1st step is **becoming aware** of high stress levels. Often it creeps up on us slowly so we don't notice it until it is too late.

It is important to take a step back now and again to make sure you are maintaining a "Healthy Work / Life Balance". So, by doing this stress test you will pass the 1st step by becoming more aware!

The 2nd step is to **take responsibility** for yourself. Make decisions about what you can do to limit the amount of stress in your life. Think about what makes you feel good. What sort of activities makes you loose track of time and have fun? Reading, exercise, dare I say...sex! What ever it is, it is important you take back control of your well-being and for you to manage your stress level before it manages you!

What if my stress levels are so high I'm out of control?

If you are highly stressed and you don't know what to do, **ask for help**.

You may need the help of a friend or you may benefit from professional help. Whichever you choose you don't have to do it alone. If you would like some advice on professional help then please feel free to email me at mind@mindmanagementforyou.com.

If you would like to explore more about dealing with stress and/or its symptoms, please feel free to contact me at mind@mindmanagementforyou.com.

"See Your True Potential"