

Canadian Mental Health Association

What's your stress index?

Respond with Yes or No

Do you...

Neglect your diet?

Try to do everything yourself?

Blow up easily?

Seek unrealistic goals?

Fail to see the humour in situations others find funny?

Act rude?

Make a 'big deal' of everything?

Look to other people to make things happen?

Have difficulty making decisions

Complain you are disorganized?

Avoid people whose ideas are different from your own?

Keep everything inside?

Neglect exercise?

Have few supportive relationships?

Use sleeping pills and tranquilizers without a doctor's approval?

Get too little rest?

Get angry when you are kept waiting?

Ignore stress symptoms?

Put things off until later?

Think there is only one right way to do something?

Fail to build relaxation time into your day?

Gossip?

Race through the day?

Spend a lot of time complaining about the past?

Fail to get a break from noise and crowds?

http://www.cmha.ca/mental_health/whats-your-stress-index/#.Vkv1DLxZxsM