

Stress Quiz: HOW STRESSED ARE YOU?

Rate yourself as to how you typically react in each of the situations listed below. There are no right or wrong answers. **4 = Always, 3 = Frequently, 2 = Sometimes, 1 = Never**

When you complete the questions, add up your total number of points, and check the answer key.

- _____ 1. Do you try to do as much as possible in the least amount of time?
- _____ 2. Do you become impatient with delays or interruptions?
- _____ 3. Do you always have to win at games to enjoy yourself?
- _____ 4. Do you find yourself speeding up the car to beat the red light?
- _____ 5. Are you unlikely to ask for or indicate you need help with a problem?
- _____ 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 looking at your watch or clock often?
- _____ 9. Do you constantly strive to better your position and achievements?
- _____ 10. Do you spread yourself "too thin" in terms of your time?
- _____ 11. Do you have the habit of doing more than one thing at a time?
- _____ 12. Do you frequently get angry or irritable?
- _____ 13. Do you have little time for hobbies or time by yourself?
- _____ 14. Do you have a tendency to talk quickly or hasten conversations?
- _____ 15. Do you consider yourself hard-driving?
- _____ 16. Do your friends or relatives consider you hard-driving?
- _____ 17. Do you have a tendency to get involved in multiple projects?
- _____ 18. Do you have a lot of deadlines in your school or work?
- _____ 19. Do you feel vaguely guilty if you relax and do nothing during leisure time?
- _____ 20. Do you take on too many responsibilities?

ANSWER KEY

If your score is between **20 and 30**, chances are you are non-productive or your life lacks stimulation.

A score between **31 and 50** designates a good balance in your ability to handle and control stress.

If your score is between **51 and 60**, your stress level is marginal and you are bordering on being excessively tense.

If your total number of points **exceeds 60**, you may be a candidate for heart disease.