

Test yourself

We have an exercise that you need to download where you are able to learn whether your stress is causing you harm. All you do is to answer YES or NO to the following questions:

1. Do you enjoy nature in your free time?
2. Do you use alcoholic beverages?
3. Do you eat fruit and vegetables in abundance?
4. Do you smoke?
5. Do you exercise regularly?
6. Do you use tranquilizers habitually?
7. Do you live in a clean and organized house?
8. Do you live in a noisy neighbourhood?
9. Does your home have a cosy atmosphere?
10. Are you always surrounded by many people?
11. Do you have a good appetite?
12. Do you forget things easily?
13. Does your digestive system function well?
14. Do you feel tired for no apparent reason?
15. Do you sleep well?
16. Do you become irritated easily?
17. Do you have a good relationship with your superiors?
18. Do you use your car as your means of work?
19. Do you have steady work?
20. Do you take work home with you?
21. Do you have good relationships with your colleagues and friends?
22. Do you become very impatient when you have to wait for someone?
23. Do you know how to listen patiently?
24. Do you talk a lot?
25. Are you satisfied with your sex life?
26. Do you attempt to do things better than others?
27. Are you satisfied with the way you are?
28. Are you a perfectionist?
29. Do you have a sense of humour?
30. Do you become irritated when you have to wait in line?

Now you need to score yourself:

Check the answers to the odd-numbered questions and give yourself 1 point for each NO.

Check the answers to the even-numbered questions and give yourself 1 point for each YES.

Total: _____

Results: *From 0 to 7points*

You are well protected against stress. Perhaps you need to make a little change to obtain even better motivation in your life.

From 8 to 13 points

You have a medium level of stress. Things can go in one direction or the other. It is important to adopt preventative measures against too much stress now.

From 14 points

This is a warning of high stress in your life and a call for you to make an examination of your lifestyle habits, the environment in which you live, your mental attitude, and your relationships, and make plans to improve them all.