



STRESS ASSESSMENT

How well do you think you are handling the stress in your life?

Please answer the following questions based on your experience within the last month.

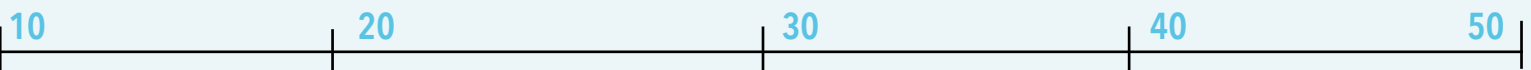
	Not at All	Little Bit	Somewhat	Quite a Bit	Very Much
How stressful would you say your life is?	1	2	3	4	5
Dealing with daily stress is negatively affecting my daily tasks.	1	2	3	4	5
I feel worn down and/or burnt out.	1	2	3	4	5
I seem to have lower than usual energy during the day.	1	2	3	4	5
My weight and metabolism have changed.	1	2	3	4	5
I can't seem to concentrate.	1	2	3	4	5
I seem to be sleeping a lot but never feel quite rested. I wake up feeling tired.	1	2	3	4	5
I have difficulty getting to sleep and/or wake up in the middle of the night.	1	2	3	4	5
I feel overwhelmed with daily tasks and all that is on my plate.	1	2	3	4	5

Add up your total score and mark where you fall on the stress scale below.

Total: _____

Low Stress

High Stress



Stress is fairly well managed in your life. It may be important to support your body to continue its healthy response.

Your body's response to stress may be getting in the way of normal activities quite frequently, leaving you feeling depleted. Consult your healthy care professional for an individualized program to achieve your health goals.

You may have experienced prolonged stress, and your body's stress response can no longer adapt or successfully cope. Consult your health care professional for targeted support and strategies for improvement.

Name: _____

Date: _____