

Stress Assessment

Directions: Circle the items that apply to you currently or over the past 3 months. If you circle 3 or more in each category stress could be having a significant effect on your health.

Physical Stress is what we do to our bodies:

1. Sit for more than 4 hours a day
2. Prolonged standing on hard surfaces
3. Sleep on stomach
4. Falls of any type
5. Pregnancy
6. Poor sleeping habits
7. Repetitive movements
8. Sports injuries
9. Heavy lifting and/or bending
10. Overweight

Chemical Stress is what we do to our organs:

1. Take prescription medication
2. Take over-the-counter drugs
3. Consume alcohol
4. Consume caffeine
5. Use tobacco products
6. Eat fast foods or processed foods
7. Use artificial sweeteners
8. Have mercury fillings in teeth
9. Exposure to environmental pollution
10. Exposure to mold

Mental Stress is what we do to our minds:

1. Divorce of parents or spouse
2. Death of a loved one
3. Serious illness (self or loved one)
4. Financial concerns
5. Negative thought patterns (worry, fear, anxiety)
6. Stressful work environment
7. Strained relationships
8. Deadlines
9. Self-degrading thoughts (not worthy, not good enough)
10. Move or job change