



Wellness Buddy Wednesday Tip

Stress—Part II — The Danger Signals How Do You Rate?

Number a sheet of paper from 1 through 25. Read each item below and respond by writing yes or no for each item.

1. I am aware of when I am tense.
2. I try to be perfect at everything I do.
3. I like to work with others on projects.
4. I try to do everything right. If I cannot do something right, I do not do it at all.
5. I avoid eating on the run.
6. I have trouble expressing anger.
7. I offer help to others even when I get not personal gain from it.
8. I get angry with others easily.
9. I feel that my problems are no worse than anyone else's.
10. I am usually in a hurry.
11. I finish one thing before I start another.
12. I tend to do things the way I have always done them.
13. When I start making mistakes, I take a break from the task for a while.
14. It is hard from me to wait in lines.
15. It is easy for me to relax.
16. Things do not move fast enough for me.
17. When I have a problem, I like to share it with others.
18. I have trouble sleeping at night.

19. I use physical activity to help reduce my stress.
20. I can usually figure out what people are going to say before they say it.
21. I can laugh at myself when I make mistakes.
22. I find myself thinking about the next thing that I have to do while I am in the middle of something else.
23. I cry when I am hurt.
24. I keep my problems to myself.
25. I can enjoy what I am doing even before it is completely finished.

How Did You Score?

Give yourself 1 point for each yes response to an odd-numbered item. Give yourself 1 point for each no response to an even-numbered item. Find your total score to see how you scored.

21 to 25

Excellent. You manage stress very well. Keep it up!

16 to 20

Very Good. You have a low-stress lifestyle.

11 to 15

Fair. You have low stress in some areas, but high stress in others. You need to make some changes in order to be a better stress manager.

Below 11

Needs Improvement. You do not handle stress well. This will have negative impact on both your physical and mental health.

DYK? Research shows that exercisers are 100% more likely to find ways to relax when under stress, and they're 300% more likely to be able to relax!

Healthy Communities, Healthy People Program
Jackson County Health Department
P O Box 310
3045 4th Street
Marianna, FL 32447

Phone: 850.526.2412 ext 282
Fax: 850.428.9564
Email: WellnessBuddy@doh.state.fl.us



Nutrition & physical fitness are our mission!