THE SIGNS OF STRESS

Check every item that pertains to you. Be honest. There are no right or wrong answers, only symptoms of stress that can be changed for good.

1. Drink more than than three cups of coffee a day.
2. Always seem to skip meals.
3. Don't bother taking vitamins.
4. End up doing everything myself.
5. Blow up at the slightest provocation.
6. Never seem to reach my goals.
7. Have no long-term plans for the future.
8. Haven't had a good laugh in a long time.
9. Ignore my body's aches and pains.
11. See everything as black & white - with no shades of gray.
12. Never seem to relax.
15. Never show any emotions.
16. Hate to exercise.
17. Don't have any friends I can really trust.
18. Feel out of control.
19. Have every minute & every hour designated in my planner.
20. Can't sleep.
21. Can't get up in the morning.
22. Never had a massage.
23. Start to get angry when someone is even five minutes late.
24. Keep putting things off.
25. Think about the good old days a lot.
26. Have no spiritual outlet.
27. Haven't had a physical checkup in years.
28. Smoke too much.
29. Drink too much.
30. Find getting dressed up & groomed a chore.
31. Have one way - the right way - to get things done.
32. Never let myself go.
33. Think everyone is expendable.
34. Say yes to everything.
35. Race through my days.
36. Gossip.
37. Hate any kind of routine.
38. Always seem to be in the middle of a crisis.
39. Ignore the way my home or workplace looks.
40. Sit back and let things happen.
41. Never take vacations.
42. Discount the new technology, from computers to compact discs.
43. Get so upset about things during the day that I stay up thinking about them all night long.
44. Overeat to ease my anxiety.
45. Feel nauseated and have diarrhea often.
46. Have people in my life that make me feel uptight.

ADD UP ALL YOUR CHECKMARKS. THE CLOSER YOU ARE TO FORTY-SIX, THE MORE STRESS YOU ARE EXPERIENCING IN YOUR LIFE AND THE MORE YOU NEED TO DEVELOP BETTER COPING SKILLS. If you feel that are not handling stress well, professional help may be indicated. If this occurs, contact the County Employee Assistance Program at [408] 241-7772 for a confidential interview.

The stress quiz used above is adapted from AFTERSHOCK, by Andrew E. Slaby, M.D., published by Fair Oaks Press, 1989.

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