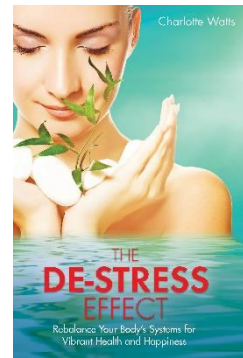


The De-Stress Effect Stress Gauge:

How Stressed Are You *Right Now*?

Take this quiz regularly to see how well you're coping with the stress in your life at this moment. You can come back to it regularly and use it as litmus test to gauge your stress levels, marking scores and changes as helps motivate and inform you.



Your Behaviour

Do you:

react to situations or events in a more dramatic or heightened way than you afterwards think you should have?

ALWAYS OFTEN SOMETIMES NEVER

feel overwhelmed if any task or demand you didn't expect occurs suddenly?

ALWAYS OFTEN SOMETIMES NEVER

feel demotivated and as though every chore is a bigger mountain than it was say, a year ago?

ALWAYS OFTEN SOMETIMES NEVER

feel compelled to take on more and more, even if you don't think you can handle it?

ALWAYS OFTEN SOMETIMES NEVER

feel angry, scared, anxious or irritable – or swing from one to another?

ALWAYS OFTEN SOMETIMES NEVER

tend to take things on for others, regardless of your time limits and feelings?

ALWAYS OFTEN SOMETIMES NEVER

feel the need to 'just keep going' or to juggle all your balls in the air?

ALWAYS OFTEN SOMETIMES NEVER

avoid relaxing and letting go more and more?

ALWAYS OFTEN SOMETIMES NEVER

avoid difficult situations, people or crowds – even if you know, deep down, you might enjoy them?

ALWAYS OFTEN SOMETIMES NEVER

seek out exciting situations, exercise or hobbies that are high risk?

ALWAYS OFTEN SOMETIMES NEVER

How You Feel

Do you:

feel sensitive to bright lights, sudden noises and/or touch?

ALWAYS OFTEN SOMETIMES NEVER

feel unable to filter out different sounds in a room?

ALWAYS OFTEN SOMETIMES NEVER

feel less and less able to cope?

ALWAYS OFTEN SOMETIMES NEVER

want to hide from the world more and more?

ALWAYS OFTEN SOMETIMES NEVER

- find yourself frowning, sighing or yawning often?
 ALWAYS OFTEN SOMETIMES NEVER
- find yourself snapping at people more and wishing you hadn't?
 ALWAYS OFTEN SOMETIMES NEVER
- feel upset more and more easily at the slightest things?
 ALWAYS OFTEN SOMETIMES NEVER
- feel more vulnerable, fearful about the future or lacking in confidence?
 ALWAYS OFTEN SOMETIMES NEVER
- get less pleasure out of things you used to love?
 ALWAYS OFTEN SOMETIMES NEVER
- find small tasks harder and harder to complete?
 ALWAYS OFTEN SOMETIMES NEVER

How You Cope

Do you:

use stimulants such as tea, coffee, cigarettes, alcohol, chocolate, sugar or recreational drugs as a 'fix' to keep you going or to ease the pressure?

ALWAYS OFTEN SOMETIMES NEVER

crave sugar, caffeine and the 'buzz' of achievement to feel alert and fulfilled?

ALWAYS OFTEN SOMETIMES NEVER

watch TV, play video games or surf the net as a way to switch off or feel numb?

ALWAYS OFTEN SOMETIMES NEVER

turn to behaviour such as excessive shopping, sex, drinking binges or arguments and find yourself relishing the drama or buzz?

ALWAYS OFTEN SOMETIMES NEVER

do large amounts of exercise – more than one hour a day or strenuous exercise for five or more days a week with little rest?

ALWAYS OFTEN SOMETIMES NEVER

sink into phases – such as entire weekends – of couch potato slump?

ALWAYS OFTEN SOMETIMES NEVER

go through cycles of bingeing and overeating alternated with going on restricted diets?

ALWAYS OFTEN SOMETIMES NEVER

seem to get addicted to behaviours or substances more easily than you used to?

ALWAYS OFTEN SOMETIMES NEVER

feel compulsive about certain things, for example cleaning, being organized, your iPhone or social networking habit, or have an overarching need to control the outcome of things at work?

ALWAYS OFTEN SOMETIMES NEVER

have a very low or exceedingly high appetite?

ALWAYS OFTEN SOMETIMES NEVER

What's Going On

Do you:

grind your teeth at night and/or clench your jaw during the day?

ALWAYS OFTEN SOMETIMES NEVER

have difficulty getting to sleep, or wake with a start in the small hours?

ALWAYS OFTEN SOMETIMES NEVER

find concentration, multitasking or remembering things more difficult than usual?

ALWAYS OFTEN SOMETIMES NEVER

feel fuzzy, confused or disconnected?

ALWAYS OFTEN SOMETIMES NEVER

feel wired or on constant alert?

ALWAYS OFTEN SOMETIMES NEVER

experience sudden drops in energy or constant fatigue?

ALWAYS OFTEN SOMETIMES NEVER

need to sleep more and more?

ALWAYS OFTEN SOMETIMES NEVER

feel unrefreshed in the morning or have to press the snooze button over and over before getting up?

ALWAYS OFTEN SOMETIMES NEVER

get sick when you go on holiday or catch every infection going?

ALWAYS OFTEN SOMETIMES NEVER

find yourself holding your breath or sighing unwittingly?

ALWAYS OFTEN SOMETIMES NEVER

Your Symptoms

Have you noticed:

digestive issues such as bloating, belching or constipation?

ALWAYS OFTEN SOMETIMES NEVER

your skin breaking out or looking grey and dull, or the onset or flare-up of conditions such as eczema, acne or psoriasis?

ALWAYS OFTEN SOMETIMES NEVER

your skin looks prematurely aged, greyish or dehydrated around the cheeks and under your eyes?

ALWAYS OFTEN SOMETIMES NEVER

mood swings, feeling low or depression?

ALWAYS OFTEN SOMETIMES NEVER

you're developing inflammatory conditions such as asthma, arthritis or hay fever?

ALWAYS OFTEN SOMETIMES NEVER

a tendency or sudden onset of allergies or food intolerance?

ALWAYS OFTEN SOMETIMES NEVER

increased headaches?

ALWAYS OFTEN SOMETIMES NEVER

excessive sweating or urination?

ALWAYS OFTEN SOMETIMES NEVER

reduced libido?

ALWAYS OFTEN SOMETIMES NEVER

heavy periods, PMS, menopausal or erectile problems?

ALWAYS OFTEN SOMETIMES NEVER

Scoring

For every 'always' you have answered, give yourself a score of 3

For every 'often', a score of 2

For every 'sometimes', a score of 1

For every 'never', a score of 0

What Your Score Means

10–50

You seem to be coping well with stress or maybe got to the point where your De-Stress measures are really paying off – keep up the good work!

50–70

You're showing signs of excessive stress, but if you've been making De-Stress changes and had a previously higher score, this is definitely heading in the right direction.

70–100

You have been under increasing pressure for some time. The passion and energy with which you have met life in the past is starting to give way to frustration, demotivation and feeling as though everything is too much. If you're finding yourself back in this place after making changes, don't let this demotivate you – it takes time to unravel the effects of many years, this is a sign you need to keep going and find time to relax and breathe even more.

100 or over

This is a sure warning sign that things must change. If you have been making some changes but haven't addressed major areas of stress, overwork and not being able to cope, now is the time to stop and take a long hard look at where you can step up the De-Stress lifestyle changes – not *doing more*, but how to learn to constructively *do less*.