

Assess Your Stress

If your stress gets out of control or lasts for too long, it can have a negative impact on your mental health.

Take this quiz* to find out how you're responding to the events in your life.

- | | | | |
|--|-----------------------------|---------------------------------|------------------------------|
| • Regret being angry or short-tempered with others? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Feel like your emotions are getting the best of you? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Use alcohol, cigarettes or drugs (prescription, over-the-counter or street drugs) to cope with stress? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Have sleep problems (either can't fall asleep, or can't get enough restful sleep)? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Feel like things in your life are overwhelming or out of control? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Laugh or smile less than you used to? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Yell, cry or withdraw a lot? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Feel sad, disappointed or worried? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Eat too much (or too little) when you're stressed? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Hate admitting that you're not in control of your life? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Have trouble "letting go" of things that are bothering you? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Have too little time for family, friends, exercise, relaxation or hobbies? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |
| • Over-blaming yourself or thinking that nothing goes right? | <input type="radio"/> Often | <input type="radio"/> Sometimes | <input type="radio"/> Rarely |

If you've checked "often" or "sometimes" in four questions or more, it may be time to address your stress.

* This quiz is for information and awareness purposes only. It is not a diagnostic tool. A high score simply means you are feeling stressed.



Address Your Stress

Stress is a normal part of your life and you can't always control the situations that surround you. You can decide how you are going to react and how you will prevent stress from taking control of you.

Do some detective work

Pinpoint the sources of your stress so you can deal with it. Talk things through with a friend or keep a journal to help you find out what situations are causing you stress. Then do something about it.

Take action

Not being in control of a situation can add to the stress you are feeling. Think about the steps you can take to deal with the stressful situation, then take action.

Get physical

Exercise can help relieve your stress. Take a walk, stretch, shoot some hoops with a friend or do an activity you like to do. Regular exercise will help you cope with stressful situations in the future.

Eat well... Be well

A well-nourished body gives you more resources to manage stress. Enjoy the taste experience of different vegetables, fruit, whole-grain foods, and protein-rich meat. Drink lots of water and cut down on the sugar and caffeine (in pop, coffee and tea).

