

GG's Super-Simple Stress Test



Stress Tests should not be stressful. This one is for entertainment and discussion only. Adapted from health info in the public domain. Please see your Nurse Practitioner or Physician for a more accurate clinical assessment. This is only a guide and not intended to replace professional intervention.

Some stress is normal and present in our everyday lives. Stress can come from many sources, including biological, psychological and social

Leaders: If your team is comprised of members who are not Excessively Stressed, your chances of success are multiplied.

Clinically: stress can be measured in the levels of hormones produced during the stress response, such as cortisol and norepinephrine. We do not have ready access to these testing methods & must rely on other signs, or 'indicators'. Some of these are not necessarily due to stress, and can be signs of other health issues, but if numerous signs are present, this is worth 'looking into'.

Are you Excessively Stressed? This is a list of ten common stress indicators. Circle (O) the checkmarks (✓) that apply to you and add them for a "Total number".*

- ✓ changes or difficulties in sleep
- ✓ appetite changes (more commonly - decrease)
- ✓ forgetfulness or poor concentration
- ✓ performance dip, or 'giving up' on previously meaningful plans
- ✓ missed deadlines or uncharacteristic errors
- ✓ displays of anger or temper tantrums
- ✓ withdrawing, violence or anti-social behaviour
- ✓ emotional outbursts (E.g.: inappropriate laughter, crying, yelling at colleague)
- ✓ alcohol or drug abuse, and other addictive behaviour (E.g.: gambling, sex and online addictions)

Total _____

- Score:**
- 1 - you *may* be Excessively Stressed
 - 2 - you are *probably* Excessively Stressed
 - 3 - you are *almost certainly* Excessively Stressed
 - 4 - 10: you are *definitely* Excessively Stressed

Note. If you score high in this simple test, *seek help*. In the meantime, begin relaxation breathing practices several times daily. Learn & practice positive focus on the present, not the past or the future.

* If you had trouble following the instructions for this test, well...you're stressed for sure.