

## Assess Your Stress

	<u>Always</u>	<u>Sometimes</u>	<u>Never</u>
1. I eat at least one balanced healthy meal a day.	1	2	3
2. I get at least seven hours a sleep on average each night.	1	2	3
3. I exercise to the point of perspiration at least three times a week.	1	2	3
4. I have a least one person I can trust with my thoughts and feelings.	1	2	3
5. I do something fun at least once a week.	1	2	3
6. I am able to organize my time effectively.	1	2	3
7. I have at least one family member or friend who lives within 50 miles of me on whom I can rely.	1	2	3
8. I get strength from my religious / spiritual beliefs.	1	2	3
9. I regularly attend club or social activities.	1	2	3
10. I have a network of friends and acquaintances.	1	2	3

Add up the 1's = \_\_\_\_\_

Add up the 2's = \_\_\_\_\_

Add up the 3's = \_\_\_\_\_

**TOTAL =**

**For example**, if you have circled three 1's = 3.  
If you circled four 2's = 8 and so on....