



## STRESS QUIZ

Because everyone reacts to stress in his or her own way, no one stress test can give you a complete diagnosis of your stress levels. This is intended to give you an **overview** only. Answer yes, even if only part of a question applies to you.

*Inspired by ISMA Stress Questionnaire*

		Yes	No
1	I frequently bring work home at night		
2	Not enough hours in the day to do all the things that I must do		
3	I deny or ignore problems in the hope that they will go away		
4	I do the jobs myself to ensure they are done properly		
5	I underestimate how long it takes to do things		
6	I feel that there are too many deadlines in my work / life that are difficult to meet		
7	My self confidence / self esteem is lower than I would like it to be		
8	I find myself thinking about problems even when I am supposed to be on break		
9	I feel fatigued or tired even when I wake after an adequate sleep		
10	I often nod or finish other peoples sentences for them when they speak slowly		
11	I have a tendency to eat, talk, walk and drive quickly		
12	If something or someone really annoys me I will bottle up my feelings		
13	I experience mood swings, difficulty making decisions, concentration and memory impairment		
14	I find fault and criticize others rather than praising -- even if it is deserved		
15	I seem to be listening even though I am preoccupied with my own thoughts		
16	I am unable to perform tasks as well as I used to, my judgment is clouded or not as good as it was		
Scoring: A <b>yes</b> answer score = 1 (one), and a <b>no</b> answer score = 0 (zero).		<b>TOTALS</b>	

### VPI STRATEGIES

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## FIVE FINGER PEACE EXERCISE

1. Touching your thumb to your index finger, travel back to a time when you felt a healthy exhaustion after exerting yourself physically, such as cleaning house, mowing the lawn or biking.
2. Touching your thumb to your middle finger, travel back in time to a loving exchange with someone special, such as a devoted love letter, or a heart-expansive conversation.
3. Touching your thumb to your ring finger, try to recollect the most caring gesture you ever received. Take this opportunity to *truly* accept this gift.
4. Touching your thumb to your little finger, travel back in time to the most magnificent place that you've ever seen or dreamed about. Take a moment to absorb all the beauty that surrounds you.

This five-finger relaxation is your ticket to building inner strength, harmony and a sense of care.

This exercise was published in Five Good Minutes by Jeffrey Brantley, MD and Wendy Millstine, 2005, New Harbinger Publications, Oakland CA

