

Fit + Healthy 365

Self-Assessment: How Well Are You Managing Stress?

Mark from a range of **1 (almost always)** to **5 (never)**, according to how often each statement applies to you.

	I eat at least one balanced meal a day.
	I get 7-8 hours of sleep at least 4 nights per week.
	I give and receive affection regularly.
	I have at least one family member within 50 km on whom I can rely.
	I exercise to the point of breaking a sweat at least twice per week.
	I drink fewer than 5 alcoholic drinks a week.
	My weight is appropriate for my height.
	I have an income that meets my basic expenses.
	I get strength from my spiritual beliefs.
	I regularly attend club or social activities.
	I have a network of good friends and acquaintances.
	I have one or more friends to confide in about personal matters.
	I am in good health.
	I am able to speak openly about my feelings when angry or worried.
	I do something fun at least one time per week.
	I am able to talk with the people I live with about domestic issues.
	I am able to organize my time effectively.
	I take quiet/relaxation time for myself during the day.
	I drink fewer than 3 cups of caffeinated drinks per day.
	I regularly meditate or practice being mindful.

Add your score. Then, subtract 20.

Subtotal _____ - 20 = _____ **Total**

A score below 25 indicates that you are practicing behaviours that help manage stress.

A score between 25-55 indicates that you have some good stress management habits, but could improve others.

A score over 55 indicates you are practicing a minimal number of stress management behaviours and could benefit from adding more strategies and techniques.

Disclaimer: Information provided is not a substitute for professional advice. If you feel that you may need advice, please consult a qualified health care professional.