



Live Well, Work Well

Health and wellness tips for your work, home and life—brought to you by the insurance professionals at Christensen Group Insurance

Once you can identify what is causing your stress, you can reduce or eliminate those triggers from your life and live more peacefully.

TEST YOUR STRESS

Like most working professionals, you may experience job stress, relationship and family distress, and financial worries while trying to balance your home life with your work life. Since carrying around these burdens for too long can become too much to bear, it is important to identify stressors in your life and then work to mitigate them. Ignoring stressors can lead to more serious health-related problems, including heart disease, fatigue and weight gain.

To learn what is giving you anxiety and making your blood pressure rise, take this stress test. Once you identify what is causing your stress, you can reduce or eliminate those triggers from your life and live more peacefully.

1. Work Stressors

For each of the following stressors, circle how much each has affected you in the last month:

	GREATLY	MODERATELY	A LITTLE	NONE
Workplace environment is uncomfortable and draining	3	2	1	0
Difficult or hazardous working conditions	3	2	1	0
Long or dangerous commute	3	2	1	0
Excessive responsibilities	3	2	1	0
Competing demands	3	2	1	0
Hard-to-meet deadlines	3	2	1	0
No resources to fulfill job tasks	3	2	1	0
Lack of input from others on your work	3	2	1	0
Excessive responsibility for others' work	3	2	1	0
Lack of appreciation or recognition	3	2	1	0

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	GREATLY	MODERATELY	A LITTLE	NONE
Instructions from too many or conflicting sources	3	2	1	0
Dislike job	3	2	1	0
Do not have the ability to be creative	3	2	1	0
Job does not meet expectations	3	2	1	0
Loss of dedication to your job	3	2	1	0
A lot of workplace conflicts	3	2	1	0
Workplace policies are unfair	3	2	1	0
Inadequate or excessive contact with others	3	2	1	0
Experienced harassment, discrimination or persecution	3	2	1	0
Excessive monitoring of your performance	3	2	1	0
Job is not secure	3	2	1	0

TOTAL SCORE: _____ **Ideal: 0-7** ◇ **Balanced: 8-16** ◇ **Stressed: 17-25** ◇ **Exhausted: 26 or more**

2. Feeling of Personal Empowerment

For each of the following statements, circle how often you have felt the statement:

	EVERY DAY	WEEKLY	ONCE OR TWICE	NEVER
It does not seem worth it to change things that are not going my way.	3	2	1	0
My stress is not predictable.	3	2	1	0
I can easily find ways to accomplish what I want.	3	2	1	0
I find it hard to meet the needs of people close to me.	3	2	1	0
I often feel powerless.	3	2	1	0
I experience problems that I cannot solve.	3	2	1	0
I do not have control over various aspects of my life.	3	2	1	0
I enjoy a new challenge.	3	2	1	0

TOTAL SCORE: _____ **Ideal: 0-3** ◇ **Balanced: 4-7** ◇ **Stressed: 8-11** ◇ **Exhausted: 12 or more**

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3. Personal Stressors

For each of the following stressors, circle how much each has affected you in the last month:

	GREATLY	MODERATELY	A LITTLE	NONE
Lack of financial security	3	2	1	0
Extreme debt	3	2	1	0
Problems with your partner	3	2	1	0
Fights over household duties	3	2	1	0
Problems with children	3	2	1	0
Family pressures	3	2	1	0
Lack of time to spend with good friends and family	3	2	1	0
Problems with sexual chemistry	3	2	1	0
Live in a dangerous area	3	2	1	0
Lack of friends in your neighborhood	3	2	1	0
Lack of time to spend with your partner	3	2	1	0

TOTAL SCORE: _____ **Ideal: 0-4** ◇ **Balanced: 5-9** ◇ **Stressed: 10-15** ◇ **Exhausted: 16 or more**

4. Activities Promoting Self-care

For each of the following self-care practices, circle how often you have engaged in them in the last month:

	ALWAYS	FREQUENTLY	RARELY	NEVER
Eat breakfast in the morning	3	2	1	0
Maintain a healthy weight	3	2	1	0
Do not eat sugary foods	3	2	1	0
Do not eat fatty foods	3	2	1	0
Do not eat salty food	3	2	1	0
Engage in aerobic exercise	3	2	1	0
Stretch and do yoga	3	2	1	0
Appreciate your body	3	2	1	0
Identify tensions in your body	3	2	1	0
Practice good dental hygiene	3	2	1	0
Wear your seat belt	3	2	1	0
Visit a professional for emotional health assistance	3	2	1	0

TEST YOUR STRESS

	ALWAYS	FREQUENTLY	RARELY	NEVER
Take time off when you need it	3	2	1	0
Do not smoke	3	2	1	0
Drink alcohol in moderation	3	2	1	0
Visit a physician that you know and trust	3	2	1	0

TOTAL SCORE: _____ **Ideal: 37 or more** ◇ **Balanced: 31-36** ◇ **Stressed: 22-30** ◇ **Exhausted: 0-21**

5. Emotional Distress

For each of the following feelings, circle how often you have experienced the following symptoms in the last month:

	EVERYDAY	WEEKLY	ONCE OR TWICE	NEVER
Anxiety	3	2	1	0
Inability to change certain things	3	2	1	0
Excessive worrying	3	2	1	0
Fidgeting	3	2	1	0
Anger, annoyance or emotional outbursts	3	2	1	0
Lethargy	3	2	1	0
Low energy	3	2	1	0
Feeling as though nothing is important	3	2	1	0
Drained emotionally	3	2	1	0
Lack sexual interest	3	2	1	0
Feeling depressed	3	2	1	0
Fearful of the future	3	2	1	0
Feeling hopeless	3	2	1	0
Are easily angered	3	2	1	0
Have difficulty focusing	3	2	1	0
Cannot remember important things	3	2	1	0
Mind seems to go blank easily	3	2	1	0

TOTAL SCORE: _____ **Ideal: 0-5** ◇ **Balanced: 6-13** ◇ **Stressed: 14-23** ◇ **Exhausted: 24 or more**

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Analyzing Your Results

Did you find yourself in the “stressed” or “exhausted” category much of the time? Then you need to ease the stress in your life for the sake of your health and overall happiness.

- To ease work-related stress: Work on challenging and strategic projects first thing in the morning when you are the most focused. Also, consider breaking down your day into specific tasks to avoid taking on too much at once.
- To empower yourself, avoid over-generalizing things in your life. If you always assume that things won't go your way or never think you will be successful, you cannot move forward and change the things that stress you the most.
- To minimize stressors in your personal life, make small adjustments that minimally alter your current schedule. Since you probably have a routine, these minimal tweaks can positively affect your daily life.
- To promote self-care, eat a healthy breakfast of whole grains and fruits. Also take a vitamin with at least 500 milligrams of calcium and 250 milligrams of magnesium. Opt for a healthy snack of sliced veggies. Chomping on hard carrots will release the tension in your jaw. Plus, they are extremely nutritious. Before you go to sleep, enjoy a light snack that is rich in carbohydrates, such as toast.
- To identify emotional stressors, consider journaling about what is bothering you and then set aside a specific time during the week to examine your journal to figure out solutions to your stressors.