

THE STRESS TEST

On a Scale of 1-10 (10 the highest) please mark your level of stress today.

ENVIRONMENTAL STRESS _____

(Caused by, for example: bright lights over your desk, noise of machinery, the constant ringing of telephones, too cramped office space, the noise of young children, in and out of cramped car space, etc.)

CHEMICAL STRESS _____

(Caused by, for example: too many cups of coffee, too much alcohol, too much junk food, too many medications, inhaling substances at the factory or office, pollution on the road, smokers in your environment, etc.)

PHYSICAL STRESS _____

(Caused by, for example: pushing your body to the limits, working out at the gym, driving long distances continually, sitting in front of a computer for extended periods without breaks, gardening for long periods, any kind of labor intensive job, etc.)

MENTAL STRESS _____

(Caused by, for example: trying to achieve, taking exams, anguish over uncompleted jobs, unemployment, financial worries, taking on more tasks than you can get done in a day, having lots of deadlines to meet, worries about your health or a family member's well being, etc.)

EMOTIONAL STRESS _____

(Caused by, for example: problems with children, family problems, relationship problems, holding onto fear or shame, parental guilt, the inability to give or receive love, grief and sorrow, unresolved anger, etc.)

SPIRITUAL STRESS _____

(Caused by, for example: confusion about the meaning of life, feeling like you are not on your path, inability to find deep peace, inability to connect with any spiritual belief system, etc.)