

The Stress Check-Up

Stress protectors can help us bounce back from the stress in our lives. The more of them you have, the more likely you will cope better and stress less. Take the stress check-up to see how many stress protectors you have in your stress fighting tool-kit. If you have 0-3, consider adding more stress protectors to your daily routine. If you have 4 or more, good job! It is likely you will be more resilient to handling the stress you face.

1. I get at least 8 hours of sleep on a typical night.	Yes	No
2. I work less than 55 hours in a typical week.	Yes	No
3. I feel satisfied with my workload.	Yes	No
4. I am in the right career.	Yes	No
5. I regularly take quiet time.	Yes	No
6. I have an optimistic outlook on life.	Yes	No
7. I regularly give and receive affection.	Yes	No
8. I organize my time effectively.	Yes	No
9. I feel satisfied with my social support network.	Yes	No