



Mental Health Association of Northern Kentucky

LEADER IN PROVIDING ADVOCACY, EDUCATION, AND SERVICES THAT PROMOTE MENTAL WELLNESS

EDUCATION AND SCREENING OUTREACH PARTNER FOR THE NATIONAL INSTITUTE OF MENTAL HEALTH AND NATIONAL MENTAL HEALTH ASSOCIATION

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STRESS CAN DRAG YOU DOWN **HOW MUCH STRESS IS TOO MUCH ?**

Everyone faces a certain amount of stress each day. Some people are able to deal with it, others need some help. This test, created by Dr. George S. Everly, Jr. of the University of Maryland, tells how well you are coping with the stress in your life. You begin with a score of zero and simply add or subtract the number of points indicated if the statement is true for you.

1. Add 10 points if you feel you have a supportive family around you
2. Add 10 points if you actively pursue a hobby
3. Add 10 points if you belong to some social or activity group that meets at least once a month.
4. Add 15 points if you are within 15 pounds of your ideal weight
5. Add 15 points if you practice some form of deep relaxation exercises, include meditation, imagery and yoga.
6. Add 15 points for each time you exercise 30 minutes or longer during the course of an average week
7. Add 5 points for each nutritionally balanced and wholesome meal you eat during the course of an average week.
8. Add 5 points if you do something that you really enjoy and is just for you during an average week.
9. Add 10 points if you have some place in your home that you can go in order to relax and / or be by yourself
10. Add 10 points if you practice time-management techniques in your daily life
11. Subtract 5 points for each evening course during the course of an average week that you take any form of medication or chemical substance to help you sleep
12. Subtract 10 points for each day during the week that you consume any form of medication or chemical substance to reduce your anxiety or just calm you down
13. Subtract 5 points for each evening during the course of an average week that you bring work home

SCORING

If you scored above 80 points, you should be able to handle stress in an effective and healthy manner. If you still feel some stress, you may be setting your goals too high.

A score in the 60 - 75 range is adequate to handle most sources of common stress. However, you may encounter difficulty in a particularly stressful situation.

A score below 60 is not sufficient to handle any but the most trivial sources of stress. You should consider changing some things in your life or seeking help from a professional.