**Take the Stress Test:**

**Are You Stressed?**

1. Do you feel tired all the time or have trouble sleeping? **YES NO**

2. Do you have a hard time relaxing or feel unable to relax? **YES NO**

3. Do you forget things all the time? **YES NO**

4. Are you frequently angry and tired at the end of the day? **YES NO**

5. Do you always feel under pressure? **YES NO**

6. Do you argue all the time, even about minor things? **YES NO**

7. Can you never find time for yourself? **YES NO**

8. Do you no longer want to socialize with others? **YES NO**

9. Do you lack patience and feel others are always wrong? **YES NO**

10. Do people often tell you that you seem tense or upset? **YES NO**

Everyone has bad days and feels some of the above, but if you have answered **'yes'** to two or more of these questions and/or feel this way regularly, chances are that you are stressed! Moreover, you may not be handling the stress in your life as well as you could be.