



Are You Stressed?

TAKE THIS QUICK QUIZ TO SEE IF YOU'RE PRONE TO HIGH STRESS BEHAVIOR.

If you answer "yes" to more than three, you have stress.

1. I'm in a hurry most of the time and am easily irritated by delays.
2. I have a hard time relaxing, or "turning it off".
3. I have a basic mistrust of others.
4. I have a hard time getting/staying organized.
5. I find that work occupies a significant portion of my time at home.
6. At least four nights a week, I get less than seven hours of sleep.
7. I do not give or receive affection on a regular basis.
8. I exercise less than three times per week.
9. I smoke cigarettes.
10. I'm overweight by more than 10 pounds.
11. I don't make enough money to meet my basic expenses.
12. I do something fun less than one time per week.

Partners at Heart



**Port Huron
Hospital**



**ST. JOSEPH
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Ways to Relieve Stress

GET ENOUGH SLEEP

GET UP ON TIME SO YOU DON'T
START THE DAY RUSHED

DELEGATE TASKS TO OTHERS

GET ORGANIZED

SIMPLIFY & UNCLUTTER YOUR LIFE

TAKE ONE DAY AT A TIME

LIVE WITHIN YOUR BUDGET

EAT RIGHT

BE ACTIVE

LET GO OF WHAT YOU CAN'T CONTROL

TALK ABOUT WHAT BOTHERS YOU

TALK LESS, LISTEN MORE

LAUGH OFTEN

MAKE FRIENDS WITH HAPPY PEOPLE

DEVELOP A FORGIVING ATTITUDE

**BEFORE BED, THINK OF SOMETHING
YOU'RE GRATEFUL FOR**

SLOW DOWN & SMELL THE ROSES

READ THE FUNNY PAPERS

FIND TIME TO BE ALONE

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