



## How Stressed Are You? Self-Assessment *Possible Results*

### **Average Stress (100 or Less)**

The amount of stressors you experience is probably normal and in line with what most people experience in the course of living life.

### **Moderate Stress (Score 101-200)**

This amount of stress is moderate; however, there are enough stressors present to cause you to begin sensing stress.

### **Extensive Stress (Score 201-300)**

The amount of stressors in this scoring is extensive and will probably have an effect on your well-being.

### **Significant Stress (Score 301-400)**

The amount of stressors you are experiencing is significant. Without effective stress management techniques, health, well-being, and perspective may be adversely affected.

### **Substantial Stress (Score 400+)**

Your amount of stressors is substantial. You may view your stress load as extreme and feel helpless to change anything that is causing the stress. You may begin experiencing signs of burnout.