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WellCare Stress Test

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This test is NOT intended to give a diagnosis for stress-related issues. Rather, it might be helpful in identifying stress symptoms and making you aware of some of your daily stressors.

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Please answer "yes" or "no" to the following questions.
Take your time and be totally honest with your answers.

YES NO

- Do you worry about the future?
- Do you frequently neglect your diet?
- Do you often try to do everything yourself?
- Do you often reach for a cigarette, drink, food or medication in order to reduce tension?
- Would you say that you get "too angry"

over minor problems?

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- Do you have a problem keeping on a consistent exercise schedule?
- Do you get too little rest/sleep?
- Is your self-confidence or self-esteem lower than it used to be?
- Do you have frequent aches and pains, especially in the neck, head, chest or back areas?

"Yes" answers are 1 point. "No" answers are 0 points.

Point Total: _____

Stress can have an impact on the body in serious and potentially life threatening ways.

Heart disease, cancer and diabetes have all been linked to stress.



0-2: Congrats! You're relaxed.

You seem to be doing a great job maintaining a positive attitude and low levels of stress in your life. This will help you not only remain calm in high-pressure situations, but also sustain a healthy

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3-4: Your stress is controlled.

You have the ability to take your stress in stride and maintain your calm in many high-stress situations. People who manage stress effectively not only are healthier, but also have more time to enjoy life and accomplish their goals.

5-7: Dangerous stress level

Stress is an inevitable part of life. Environmental stressors constantly surround us. Other stressors originate in our own bodies and minds. Illness, injuries, and aging as well as self-defeating, inaccurate, or unrealistic thoughts about ourselves can cause tremendous stress.

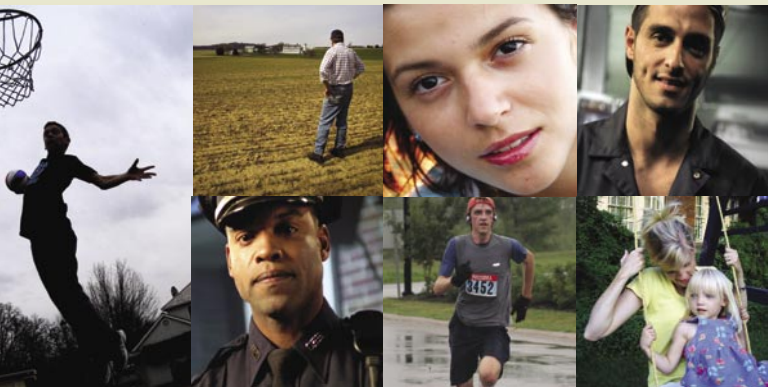
8-10: Extreme stress

The vast majority of health problems you will experience in your lifetime are either caused by or aggravated by stress.

“The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.”

~ Thomas Edison

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The most common stress-related ailments are headaches, muscle tension, digestive distress, stomach and bowel problems, fatigue, and sleeping disorders. Stress can be physical, chemical or emotional in origin. The result is always damage to a person's nervous system, particularly in the areas

where the nervous system is already overloaded.

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What can you do about all this stress? A great deal. Develop and maintain healthy exercise and eating habits, and master simple techniques to identify and moderate individual stressors. You can learn to control the stress in your life, instead of allowing it to control you.

Some ways to control your stress are:

- Take 15 to 20 minutes a day to sit quietly and breathe deeply.
- Talk out your troubles with friends and family.
- Learn to accept things you can't change.
- Stay positive in difficult situations.
- Learn to say "no." Don't promise too much.
- Limit alcohol, don't overeat and don't smoke.
- Continue visiting your chiropractor.

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