

### Stress Quiz<sup>27</sup>

1. How often do you feel that you are not coping with the demands put on you?  
 All the time    Most of the time    Rarely
2. Do you have problems going to sleep and/or staying asleep?  
 All the time    Most of the time    Rarely
3. Do you find yourself spending less time with friends, family, and colleagues, even cancelling plans or ignoring their phone calls because they just feel like something else you have to “deal with”?  
 All the time    Most of the time    Rarely
4. Do you feel like you are working harder than ever before, but getting less done?  
 All the time    Most of the time    Rarely
5. Do you find yourself afraid to make decisions?  
 All the time    Most of the time    Rarely
6. Do you feel anxious? Does your heart beat fast, do your palms sweat?  
 All the time    Most of the time    Rarely
7. Do you feel tense? For instance, do your muscles tense up—are your shoulders up around your ears, and your neck and back muscles tight?  
 All the time    Most of the time    Rarely
8. Are you jumpy and unable to relax? Do you feel like if you sit down for a moment and take a deep breath, something bad might happen because you aren’t worrying about it?  
 All the time    Most of the time    Rarely

## Happiness: The 40% Solution

9. Do you feel nervous?  
 All the time    Most of the time    Rarely
10. Do you become hostile and angry about minor things?  
 All the time    Most of the time    Rarely
11. Do you blame others when things go wrong?  
 All the time    Most of the time    Rarely
12. Are you critical of others' efforts?  
 All the time    Most of the time    Rarely
13. When other family members are having stress problems, do you think you are responsible for them?  
 All the time    Most of the time    Rarely
14. Do you avoid having conversations about potentially stressful issues with family and friends?  
 All the time    Most of the time    Rarely
15. Do you have fights about "anything and nothing" with loved ones such as a spouse or immediate family members?  
 All the time    Most of the time    Rarely
16. Do you share fewer satisfactions with family and friends?  
 All the time    Most of the time    Rarely
17. Are you aware that you're experiencing stress, and that it is affecting your life?  
 All the time    Most of the time    Rarely
18. Do you have physical signs of stress, such as high blood pressure, tense muscles, and fatigue?  
 All the time    Most of the time    Rarely
19. Do you take time to restore your mind and body after stress? For instance, after a stressful event, do you neglect self-care

activities such as meditation, restorative sleep, and hydration?  
\_\_\_ All the time    \_\_\_ Most of the time    \_\_\_ Rarely

20. Are you sad or depressed for no reason?

\_\_\_ All the time    \_\_\_ Most of the time    \_\_\_ Rarely

## Stress Quiz Scoring

If you marked “all the time” to at least one of these questions, you may not currently have a good system in place for managing stress. It’s in your best interest to move toward changing that now because stress is like a boulder, rolling down a hill. Once it gathers momentum, it’s almost impossible to arrest.

If you checked “all the time” or “most of the time” to more than five of these questions, there is an even higher urgency for you to develop a strategy around stress management in your life. Life doesn’t have to be like this. Once you start to prioritize self-care and accept that it’s not selfish to put yourself at the head of the pack (like the pre-flight safety instructions—don your own mask first), you can control stress rather than have it control you.

## A Convenient Truth

Without trying to be a Pollyanna, I have to share one single word that has made a world of difference in how I handle stress and depression. In the early 1990s, I made my living by promoting speakers in my home city. I had purchased a distributorship, and the charismatic young fellow that I had purchased it from had laid out a top-notch program. The first year, we kicked off with the late Jim Rohn, Brian Tracy, and marketing guru Dan Sullivan. Throughout the year, we had contracted the likes of Mark Victor Hansen of *Chicken Soup* fame, as well as Peter Legge, author, magazine mogul, and self-described photographer to the queen,