



Hesseling & Partners

Management, Organization, Training, and Coaching



How Vulnerable Are You To Stress?

Mark each statement from 1 (always applies to you) to 5 (never applies to you), according to how accurate each statement is in describing your current lifestyle.

	Always True	Often True	Sometimes True	Seldom True	Never True
1. I eat at least one hot, balanced meal a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2. I get 7 to 8 hours of sleep at least 4 nights a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. I have at least 1 person who lives nearby from whom I can ask a favor	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I exercise to the point of perspiration at least twice a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5. I do not smoke	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6. I drink fewer than five alcoholic drinks a week	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7. I am the appropriate weight for my height	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I drink fewer than two cups of coffee (or tea or cola) a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

	Always True	Often True	Sometimes True	Seldom True	Never True
9. I have a network of friends, family, and acquaintances on whom I can rely	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. I confide with at least one person in my network about personal matters	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11. I am generally in good health	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12. I am able to speak openly about my feelings when angry, stressed or worried.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13. I do something for fun at least once a week	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14. I recognize stress symptoms	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15. I take quiet time for myself during the day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16. I have an income adequate to meet my basic expenses	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17. I spend less than an hour each day traveling to and from work	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18. I am calm when I am kept waiting /stuck in traffic/late for an appointment?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19. I have regular calm conversations with the people I live with about domestic problems, e.g., chores, money and daily living issues	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20. I never try to do everything myself	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21. I never race through a day	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22. I never complain about time wasted and the past	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23. I feel organized and in control	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
24. I am able to organize my time effectively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25. I recognize when I am not coping well under pressure.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Total score =

You have scored between 5 and 25

You have your life in fairly good control. Your score indicates that you do still have a vulnerability to stress. This is an average score and indicates normal levels of stress. Your lifestyle is such that your body's "shock absorbers" can deal with stress in a healthy non-aggressive way.

Even so, watch out for potential hotspots. Learn what your stress triggers are. If you have a hectic lifestyle that could potentially cause you to stress, if technology drives the pace of your life you need to learn about our stress management courses to ensure you get the support to cope with whatever life throws at you.

Think carefully about the lifestyle choices you make, and take time to relax every day. Think of what changes you can make to your lifestyle to ensure that you are managing your stress.

Work on the choices and habits that could still be causing you some unnecessary stress in your life. Seek alternative ways to complete tasks that are currently causing stress or anxiety. Invest in some relaxation music, and spend time in a peaceful environment.

TRY THIS NOW

Get enough sleep.

Sleep is essential for the body to function properly. Sleeping pills are not necessary if you change your lifestyle. If you've habitually skimmed on sleep, you probably won't even remember how it feels to wake up fully rested. Give it a go for a week and see if there's a difference in how you perform during the day.

Avoid nicotine, alcohol, caffeine, and refined sugar products.

They are all stimulants, so therefore they cannot calm you down. If you're stressed, steer clear of them and keep yourself well-hydrated by drinking water instead.

You have scored between 25 and 55

You are approaching the danger zone. You have a vulnerability to stress, and the higher your score the more serious the problem is. You may well be suffering stress-related symptoms, your relationships may be strained and you may not be operating in your most resourceful state.

This score indicates that there are times when your life becomes extremely stressful. It would be useful to look at your lifestyle and identify what things cause you to stress. Then you can work out how to reduce their impact.

Learn what your stress triggers are. If your stress is a result of a hectic lifestyle, busy career and technology driving the pace of your life follow one of our stress management courses and de-stress.

Think carefully about the lifestyle choices you make, and take time to relax every day. Think of what changes you can make to your lifestyle to ensure that you are managing your stress.

TRY THIS NOW

Work off stress with physical activity.

Pressure or anger releases adrenaline in the body. Exercise helps to reduce it and produces 'good mood' substances in the brain. So go for a brisk walk around the block when you feel tense, and try some regular exercise after work.

Learn how to say 'No'.

Simple, but effective. Where a 'No' is the appropriate response, say it without guilt.

Manage your time.

Take one thing at a time. Don't overdo things. Create time buffers to deal with unexpected emergencies.

Recognize that your day to day problems and responsibilities are the things that cause stress in your life. Tackle them with a system that works for you.

A simple method is to:

- **List the things that you need to do.**
- **Put them in order of importance**
- **Decide what you need to do yourself, and what can be delegated.**
- **Decide which needs doing today, next week or next month**
- **Decide what doesn't need doing after all, and drop it from the list..**

Your mountain of tasks is now in some sort of order. This should help. The list used to control you. Now you control it. And you've lost the stress that it caused you.

Desk Yoga allows you to use these techniques in almost any situation - sitting in your office or car, traveling on the bus. They are so discreet, only you will know you're doing them.

Alternate nostril breathing

Fold your index and middle finger (2nd and 3rd fingers) towards your palm on your right hand. Then place your left thumb under your right nostril to 'tap' it up. Inhale from the left nostril to the count of four. Gently pinch the left nostril with the right ring finger (4th finger) to the count of 16. And release your thumb and exhale through the right nostril for 8. Now inhale through the right nostril for 4. Hold for 16. Exhale through the left nostril for 8. Repeat for several minutes.

This exercise balances the brain's serotonin, the chemical that regulates happiness. The pattern of inhalation (4, 16, 8) means that the air is pushed down to the bottom of the lungs and more toxins are released on exhalation. You will feel relaxed after this exercise, particularly in the shoulder area, and may experience heightened perception.

Wipe off practice

If you feel people's negativity clinging to you, just wipe it away. Use energetic sweeping motions with your hands as if you were dusting yourself down to wipe it off your arms, torso, legs and especially off your head. As you wipe, say to yourself: 'I am getting rid of "XXX"'.

A simple list of ways to alleviate stress:

- | | | | | |
|-------------------------|-----------------------|--------------------|----------------|-------------------|
| • Watch a sunset | Take a walk | Sing a song | Write a letter | Be positive |
| • Go to the beach | Have a cup of tea | Ask for help | Smile | Take a break |
| • Do it now! | Stretch | Keep a journal | Say "No" | Hum a tune |
| • Practice patience | Get up early | Meditate | Pet a dog | Tell a joke |
| • Listen to music | Blow bubbles | Take a nap | Dance a jig | Do Tai Chi |
| • Play a drum | Prioritize | Give a hug | Throw a ball | Play with a child |
| • See a movie | Plant a flower | Set Limits | Eat a snack | Read a book |
| • Practice kindness | Light a candle | Laugh out loud | Lie in the sun | Walk in the rain |
| • Run in the park | Talk to a friend | Take a bubble bath | | Say a prayer |
| • Take a deep breath | Ask for what you need | Go to bed on time | | Give a blessing |
| • Clean a closet | Go barefoot | Walk a labyrinth | | Watch a sunrise |
| • Give a compliment | | | | |
| • Avoid negative people | | | | |

You have scored over 55

EMERGENCY!!!

Your health and wellbeing is in serious danger! You have potentially a lot of stress in your life but few mechanisms to help you cope with it. You must stop now and immediately rethink how you are living, change your attitudes and pay careful attention to your diet, exercise and relaxation.

This score indicates that you are experiencing damaging amounts of stress that if left unchecked will seriously affect your health, relationships and work efficiency.

You will need to take charge of your lifestyle now.

Learn to prioritize, delegate and to say 'No'.

Step back and take time for yourself and ask what it is you want from life.

You are extremely vulnerable to stress and you must seek ways of alleviate the stress and pressure that you are being put under. You may wish to consider seeing a coach.

Learn what your stress triggers are.

If your stress is a result of a hectic lifestyle, busy career and technology driving the pace of your life you probably need to learn stress management course right away.

Attend a yoga class or have a massage.

This may be a good opportunity to take a vacation and get some much needed rest and relaxation!

TRY THIS NOW

If you're ill, rest.

Don't just carry on regardless. Working will tire the body and prolong the illness. So recognize that you have limits and don't carry on as if you were firing on all cylinders.

Try some yoga

Yoga has been used for 5,000 years to tone the body, boost the immune system and calm the mind. Most importantly, it unlocks inner happiness, lifting your mood and leaving you feeling light and energized.

Desk Yoga allows you to use these techniques in almost any situation - sitting in your office or car, traveling on the bus. They are so discreet, only you will know you're doing them.



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Contact us today about:

How to improve your Stress Management Skills and boost your Health, Energy and Lust for Life, Achieving Your Personal Goals in Life.