

# Do you have too much stress?

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Everyone responds to stress differently. Use this check list to assess the impact stress is having on your life and if it's time to do something about it.

## Low stress levels

- feel well
- I am able to relax
- Physical recreation brings me pleasure
- Increasing pressure enhances my performance
- My thinking is clear and I learn easily
- I am able to say "No"
- Others see me as adaptable and approachable
- Others see me as energized and successful

## Moderate stress levels

- I feel driven, hyperactive, and restless
- I tend to make snap decisions but with errors
- I feel over-burdened but can still say "No"
- I often feel tired but am taking steps to recover
- I often try to squeeze a few extra drops out of my performance
- Discipline, fitness, social pressure and stimulants play a greater role in my ability to perform
- My sleep is just about adequate
- Others see me as tired yet successful

## High stress levels

- I don't think as clearly as I used to
- I feel irritable and "on edge"
- I complain and grumble regularly
- I work longer hours but get less done
- I have repeated minor ailments, aches and pains
- I am exhausted, have poor endurance and my work/life balance is suffering
- I am unable to distinguish the essential from non-essential
- I have sleep problems
- I feel like I'm operating in survival mode
- I accept excessive burdens and see them as inevitable

Contact your HeartMath® Certified Coach for more information.

