

Stress Self-Assessment: How “Stressed” Are You?

A PROGRAM BROUGHT TO YOU BY JANUS LABS®

NEXT TO EACH STATEMENT, MARK THE MOST APPROPRIATE RESPONSE FOR YOU:

0 = Never 1 = Rarely 2 = Sometimes 3 = Often 4 = Always

_____ I sleep less than 7 hours a night

_____ I consume more than 2 alcoholic beverages a day

_____ I find myself multitasking

_____ I am not able to participate in hobbies as much as I would like

_____ I get impatient and/or irritable during the day

_____ I spend less time with my significant other/family than I would like

_____ I get less than 30 minutes of exercise or activity at least 3 times per week

_____ I am easily distracted

_____ I have a difficult time getting out of bed in the morning

_____ I feel anxious

_____ I eat more fast food than I think I should

_____ I get headaches

_____ I wish I had more time in the day to get things done

_____ I find myself eating large portions of food

_____ I lack social interaction outside of work

_____ I go more than 4 hours without eating at some point during the day

_____ I have been sick in the last 12 months

_____ I need a drink or medication to fall asleep

_____ I have little time to read

_____ I feel tense

_____ **Total**

Add up your total score and review the results (next page) to help gauge your current level of stress.



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RESULTS

60-80: Seriously Stressed

You are showing signs of a potentially serious stress imbalance. Consequences of unmanaged stress can negatively impact your health, happiness, relationships and job performance. Determine which energy management techniques will work best for you and start applying them now. Keep in mind that it may take 30 - 60 days for a new ritual to become a habit so make it a priority, focus on your purpose and practice regularly for better energy.

40-59: Significantly Stressed

You are probably aware that stress is affecting your energy, but you might not realize how much. Now is a critical time to implement new strategies of recovery to keep you from hitting a more serious level of stress. Keep in mind that it may take 30 – 60 days for a new ritual to become a habit, so pick one or two that would have the greatest impact and focus on those until they become routine.

20-39: Somewhat Stressed

While you may feel like you're managing your stress fairly well, you are experiencing some symptoms of having a stress imbalance. To prevent stress from having a negative impact on your health, happiness, relationships and job performance, it will be important to utilize energy management techniques, especially in the energy dimensions that are most out of balance. You are most likely using some strategies successfully, so try to incorporate new rituals to give you even more support and better energy.

<20: Slightly Stressed

You are doing a good job of keeping stress-related symptoms to a minimum, which helps you have good health, happiness, positive relationships and enhanced job performance. Stress is ongoing, however, so we must be aware of symptoms that may appear as things get out of balance. Applying a few new energy management strategies will help produce the stamina to be fully engaged in whatever is important to you.



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