

Assess Your Stress Quiz

Below are a list of questions to help you assess your level of stress. Your answers today may be different than they will be two months from now, so come back to retake this assessment when things change.

Do you find it difficult to balance work, family, and caregiving responsibilities?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you have conflicts with friends, family members, or the person you are caring for?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you worry that you are not doing a good job as a caregiver?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you feel guilty or anxious?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you feel sad or cry periodically?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you have problems with sleep?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you experience chronic neck or back pain?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

Do you have tension headaches?

1	2	3	4	5
Extremely	A bit	It's okay	Not at all	N/A

How did you answer?

Let's see how you did. Count up your answers, and read more for some basic suggestions to help you manage.

Mostly 1s

You may be experiencing distress.

Talk to your doctor or other healthcare team member or join a support group to help reduce your level of distress. If time and capacity to attend support groups is limited, try online support.

Mostly 2s

You may be feeling like you need some help or support.

Identify what is causing the stress. Consider supports that may be available to help relieve the stress. Talk with a trusted friend, adviser, or local caregiving organization.

Mostly 2s

You are probably feeling pretty good and managing well.

Take note – what are you doing to help you manage stress? Do you have supports available? Are you partaking in physical activity or carving out small chunks of time for yourself? Continue what you are doing to help prevent stress from building up. Doing the things that bring you pleasure allows you to relax.