

Is your lifestyle causing you stress?

The way you live your life can have a big impact on your health, well-being, and how well or poorly you handle stress. Below are lifestyle behaviors that affect stress levels. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you take care of yourself can help you manage your stress in the future.

Lifestyle Behaviors			
When you are under stress, do you:	Yes	No	When you are under stress, do you:
	Yes	No	
Smoke/use tobacco	<input type="checkbox"/>	<input type="checkbox"/>	Engage in physical activity at least three times a week for 30 minutes each day
Drink a lot of coffee or caffeinated drinks (more than 2-3 cups per day)	<input type="checkbox"/>	<input type="checkbox"/>	Get six to eight hours of sleep every night
Drink alcohol (more than recommended levels of 1-2 per day)	<input type="checkbox"/>	<input type="checkbox"/>	Maintain good eating habits
Overuse over-the-counter medications	<input type="checkbox"/>	<input type="checkbox"/>	Make time to relax
Overeat or under eat	<input type="checkbox"/>	<input type="checkbox"/>	Maintain a sense of humor
Spend too much money (e.g., do you have a lot of credit card debt and have trouble making payments?)	<input type="checkbox"/>	<input type="checkbox"/>	Play
Abuse/overuse tranquilizers or other over-the-counter medications	<input type="checkbox"/>	<input type="checkbox"/>	Maintain healthy rituals and routines
Watch too much television (more than 3-4 hours per day)	<input type="checkbox"/>	<input type="checkbox"/>	Be optimistic. Engage in positive thinking
Have angry outbursts	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with family
Take illegal drugs	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with friends
Withdraw from people	<input type="checkbox"/>	<input type="checkbox"/>	Make plans for the future
Ignore or deny stress symptoms	<input type="checkbox"/>	<input type="checkbox"/>	Figure out ways to manage stress
Engage in self-destructive relationships	<input type="checkbox"/>	<input type="checkbox"/>	Reward yourself for your accomplishments
These are negative self-care behaviors.		These are positive self-care behaviors.	

(Source: Unknown)