

Are You Stressed?

Take this test to see how well you handle the stress of daily life.

Is stress ruling your life?

Too much stress can be bad for your health. It can make you feel tired. Over time, stress may even cause serious illness. Test yourself. Check “yes” or “no” in the boxes below. If you have checked “yes” on one or more of these boxes, ask for help. A doctor or nurse can help you find ways to manage stress.

- Yes No I often have headaches.
- Yes No I often have an upset stomach.
- Yes No I am always tired.
- Yes No I can't sleep.
- Yes No I drink alcohol or take drugs to avoid problems.
- Yes No I eat too much or not enough.
- Yes No I often feel angry.
- Yes No I often feel out of control.

What can you do?

You can help reduce stress by making simple changes. Try these tips:

- Avoid things that cause you stress.
- Plan ahead. Write down what you need to do. Then, do what is most important first.
- Learn to relax. Take a break from stress by making time for yourself every day.
- Talk to a friend. Choose a friend who knows how to soothe your nerves.
- Get active. Go for a daily jog or walk.
- Take it easy. Grab a nap or soak in the tub.
- Listen to music. Get up and dance if you feel like it!
- Don't forget to laugh! Watch a funny movie or your favorite show.



The good news: you can help control your stress level!

Take time every day to relax. If you can't, talk to your doctor or nurse. Make a plan to help control your stress level. Or, call a mental health agency in your area. The agency's staff will help you find someone to talk to.



Customer Care Center: 1-866-781-5094

**TTY line for members
with hearing loss: 1-866-773-9634**



Sources: Centers for Disease Control and Prevention; American Academy of Family Practice

This information is being provided for general information purposes only and is not the practice of medicine or a substitute for the independent medical judgment of a treating physician. Only a treating physician can determine what treatment is appropriate for a patient.

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