

Do you have too much stress?

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.

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