



# Stress Survey

Your Name \_\_\_\_\_ Today's Date \_\_\_\_\_

Your e-mail for our free newsletter: \_\_\_\_\_

Please review each of these common stresses and circle when you experienced it in your life.

Use **P for Past** and **C for Current**. If you expect or anticipate the possibility of experiencing this stress in the future, circle **F for Future**.

**Physical Stress is what we do to our bodies:**

**Explanation:**

- 1. Forceps delivery P C F \_\_\_\_\_
- 2. Falls of any type P C F \_\_\_\_\_
- 3. Broken bones P C F \_\_\_\_\_
- 4. Strains or sprains P C F \_\_\_\_\_
- 5. Bad posture P C F \_\_\_\_\_
- 6. Poor sleeping habits P C F \_\_\_\_\_
- 7. Repetitive movements P C F \_\_\_\_\_
- 8. Sports injuries P C F \_\_\_\_\_
- 9. Heavy lifting and/or bending P C F \_\_\_\_\_
- 10. Overweight P C F \_\_\_\_\_

**Chemical Stress is what we do to our organs:**

**Explanation:**

- 1. Take prescription medication P C F \_\_\_\_\_
- 2. Take over-the-counter drugs P C F \_\_\_\_\_
- 3. Consume alcohol P C F \_\_\_\_\_
- 4. Consume caffeine P C F \_\_\_\_\_
- 5. Use tobacco products P C F \_\_\_\_\_
- 6. Eat fast foods P C F \_\_\_\_\_
- 7. Use artificial sweeteners P C F \_\_\_\_\_
- 8. Bad diet (white flour & sugar) P C F \_\_\_\_\_
- 9. Environmental pollution P C F \_\_\_\_\_
- 10. Overweight P C F \_\_\_\_\_

**Emotional Stress is what we do to our minds:**

**Explanation:**

- 1. Divorce of parents or spouse P C F \_\_\_\_\_
- 2. Death of a loved one P C F \_\_\_\_\_
- 3. Serious illness (self or loved one) P C F \_\_\_\_\_
- 4. Financial concerns P C F \_\_\_\_\_
- 5. WORRY P C F \_\_\_\_\_
- 6. Work environment P C F \_\_\_\_\_
- 7. Relationships P C F \_\_\_\_\_
- 8. Anger by you or at you P C F \_\_\_\_\_
- 9. Feel "not worthy" P C F \_\_\_\_\_
- 10. Put things off to the last minute P C F \_\_\_\_\_

Chronic stress forms the foundation of many health problems. Which of the 3 types of stress has had the greatest impact on your health and why?

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