

STRESS IN YOUR LIFE

1. Do you feel stressed?

- A. Always B. Most days C. Some days D. Never

2. How often do you set time aside for relaxation activities (yoga, meditation, laughing, spending time doing something you enjoy)?

- A. Never B. Some days C. Most days D. Every day

3. How many days a week do you exercise?

- A. Never B. 1-2 days/week C. 3-5 days/week D. 6-7 days/week

4. How many hours of sleep do you get each night?

- A. Less than 6 hours B. 6-7 hours C. 7-8 hours D. More than 8 hours

5. How often do you drink, smoke, or make bad eating choices?

- A. Daily B. Most days C. Some Days D. Never

6. Does your job or living situation make you chronically stressed?

- A. Always B. Most days C. Some days D. Never

7. Are you angry or irritated with long lines, freeway traffic, or even slow computers?

- A. Always B. Most days C. Some days D. Never

ANSWERS:

If you chose mostly A: You ARE chronically stressed to the point of making yourself sick

If you chose mostly B: You need to make some changes soon to prevent heart and immune diseases

If you chose mostly C: You are living a pretty healthy, unstressed life, but could still make some changes

If you chose mostly D: Congratulations! Keep up the good work. Stress is not a factor in your life



Mink Chiropractic
Here For Your Health

601 South B Street, Suite B
San Mateo, CA 94401
650-425-7723