

FAQs on STRESS

- 1) All stress is bad for you. True False
- 2) What percentage of the illnesses that doctors see, from headaches to skin outbreaks, cancer and heart disease, are directly related to stress according to the AMA and Center for Disease Control?
a. 20% b. 50% c. 80%
- 3) What factors contribute to the level of stress felt?
a. Air b. Water c. Expectations d. A and B only e. All of the preceding f. None of the preceding
- 4) Stress effects more than how we feel physically. True False
- 5) There's nothing you can do to control stress, it's just a fact of life. True False

Experiencing 'normal' life events can increase your chance of possible health risks.

Which of the following events have you experienced in the last 12 months:

Death of a Spouse 100 Divorce 73 Marital Separation 65 Death of a close family member 63 Major personal injury or illness 53 Marriage 50 Marital reconciliation 45 Retirement 45 Major change in health / behavior of a family member 44 Pregnancy 40 Gaining a new family member – birth, adoption or remarriage 39 Major business readjustments 39 Major change in financial state 38 Death of a close friend: 37 Change to a different line of work 36 Major increase in fights with spouse 35 Taking on a mortgage 31 Foreclosure on a mortgage or loan 30 Major change in responsibility at work 29	Son or daughter leaving home 29 In-Law troubles 29 Outstanding personal achievement 28 Spouse begins to cease work outside of home 26 Go back to school 26 Major change in living condition (rebuilding, remodeling) 25 Revision of personal habits 24 Troubles with superior, boss 23 Major change in working hours, conditions 20 Change in residence 20 Change to a new school 20 Major change in usual type and/or amount of recreation 19 Major change in church activities 19 Major change in social activities 18 Purchasing a new car, or other big purchase 17 Major change in sleeping habits 16 Major change in number of family get-to-gethers 15 Major change in eating habits 15 Vacation 13 Christmas or holiday observance 12
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Add up the numbers next to applicable events to come up with your total.

Below 150 - 35% chance of illness - Between 150 - 300 - 51% chance of illness - Over 300 - 80% chance of illness
(research done by Holmes and Rahe)

This does **NOT** have to be the case.
 By learning how to manage negative stress,
YOU can create a healthier, happier, more balanced life!

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Certified in Hypnosis, Stress Management, Smoke Cessation, Weight Control, Pain Management,
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Answers: 1)F 2)c 3)e 4)T 5)F