

## Five-Minute Stress Relief.com

### Physical Stress Test

*Identify How Stress Affects You*

**Seldom = S   Often = O   Daily = D**

Muscle pain or physical discomfort	—	—	—
Tightness in chest sensation	—	—	—
"Knot in stomach" or stomachache	—	—	—
Neck and shoulder tension	—	—	—
Mid-back/lower back pain	—	—	—
Generalized bodyache, muscle soreness	—	—	—
Difficulty bending, twisting or reaching	—	—	—
Pain/discomfort from ongoing physical condition	—	—	—
Long work hours, no down time	—	—	—
Physical strain commuting to work	—	—	—
Headaches	—	—	—
Grinding teeth while sleeping, jaw tension	—	—	—
Difficulty relaxing, restlessness	—	—	—
Indigestion problems: heartburn, gas, acid reflux	—	—	—
Susceptibility to illness/frequent colds	—	—	—
Chronic joint pain or stiffness	—	—	—
Carpal Tunnel Syndrome/wrist pain/finger pain	—	—	—
Low energy, fatigue, feeling tired	—	—	—
Sleep difficulties: falling asleep, sustaining sleep	—	—	—
Noisy environment irritates your nervous system	—	—	—
<i>Besides the categories above, add in other sources of mental stress unique to your situation</i>	—	—	—

### **Scoring Results**

**Chronic Stress:**      4 daily      3 often

**Moderate Stress:**    2 daily      2 often

**Low-level Stress:**    1 daily      2 often