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Stress Quiz

Answer each question quickly and honestly. Grade your answer out of 5:

0 _____ 5
Don't agree at all **completely** **Agree**

Statement	Score
I do not suffer from regular headaches or digestive problems	
I get enough sleep	
I spend regular time with my family	
I get some moderate exercise at least 3 times a week	
I enjoy my work (paid or unpaid)	
I have a regular interest or hobby	
I have resolved any money problems	
My paperwork is organised and filed away	
I have a good social life	
I have a good relationship with my family	
I feel good about myself	
I have a healthy, balanced diet	
I find regular time to have fun	
I know and use a good relaxation technique	
I find time for myself daily	
My work fulfils me	

I have a good work-life balance	
I see my friends regularly	
I find it easy to concentrate	
I have someone who gives great support with whom I can share my concerns openly	

Scoring

80+	You are generally good at managing your stress
50+	You can manage your stress at times, but you suffer some stress
Below 50	You probably feel quite stressed. Take immediate steps to manage your stress and avoid ill health

Get in touch today for a free consultation to discover how I can help you manage your stress. Email me at elizabeth@elizabethjuffs.co.uk or phone 0115 925 2552 (+44 115 925 2552 outside UK)

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