

**Certificate in Meditation Teaching and Holistic Human Development**

Module 2: Stress - Understanding course and effect

## Stress quiz

Place a cross (X) next to each statement that applies to you.

1. I sleep 7-8 hours every night.
2. I am able to manage my time well.
3. I drink fewer than 5 alcoholic beverages per week.
4. I give and receive affection regularly.
5. I exercise at least 3 times per week.
6. My income is adequate to meet my basic expenses.
7. I have a network of friends and acquaintances.
8. I am in good health (including eyes, hearing, and teeth).
9. I am able to speak about my feelings when angry or worried.
10. I have regular conversations with the people I live with about domestic problems, (chores, money, etc).
11. I regularly participate in social or other activities.
12. I do something for fun at least once a week.
13. I have at least one friend or relative nearby on whom I can rely.
14. I eat a well-balanced diet including adequate amounts of protein, fruits and vegetables.
15. I am close to the appropriate weight for my height.
16. I drink less than 4 caffeinated beverages per day.
17. I get an adequate amount of quiet time for myself during the day.
18. I have a plan to better manage the stress in my life.

### **Total number of checks**

If your total number of checks is 7 or less you may not be doing all you can to reduce or manage the stress in your life. Review the list and identify one or two areas that you can address each week to help improve your health at this very stressful time in your life.