



# WHAT IS YOUR PERSONAL STRESS SCORE? v2



0: Never

1: Occasionally

2: Sometimes

3: Often

4: Always

How often in the last month have you:		SCORE
1	Felt unable to get a handle on your health issues?	
2	Noticed tension in your body (i.e., a clenched jaw, tight shoulders or neck)?	
3	Perceived anything that you try doesn't work out?	
4	Felt overwhelmed or anxious by your daily responsibility and unable to turn off your thoughts?	
5	Worried about something out of your control?	
6	Lost control and became irritated, overreacted, or became easily annoyed at someone?	
7	Lacked motivation?	
8	Had difficulty falling asleep or staying asleep at night?	
9	Experienced a major life event, death, divorce, move, job loss or health issue?	
10	Stayed on your screen (computer, phone, digital devices) more than 4 hours a day?	
11	Struggled to exercise on a daily basis?	
12	Taken prescribed medications or drugs?	
13	Consumed processed foods, sugar, alcohol or smoked cigarettes?	
14	Been stuck in traffic?	
Beginning at age 40, add 5 points for every 10 years of age (ie: age 65 - add 15 points) <b>TOTAL</b>		

## STRESS RANGE



0-14: You're doing well at maintaining a healthy and balanced work, social, family, and personal life. The TeloYouth Wellness Program is recommended to help you to maintain balance.



15-28: You have the ability to handle stress fairly well and the TeloYouth Wellness Program or Rejuvenation Program is recommended.



29-42: It's critical for you to consider ways to mitigate stress. Your body has accelerated in aging and the TeloYouth Rejuvenation program along with other lifestyle changes are recommended.



43+: You're approaching burnout and potential chronic imbalances. Consider this your wake-up call to make some drastic changes in your life. The TeloYouth Rejuvenation program is highly recommended.