

Please circle your score below:

- 5 – 10** Great news! You have no stress!
- 11 – 15** Good news! You have just a little bit of stress!
- 16 – 20** Not bad! You still seem to have a handle on your stress!
- 21 – 25** Watch out! Your stress levels are starting to cause trouble!
- 26 – 30** ***Warning!*** Your stress levels are significantly impacting your life.
- 31 – 35** **DANGER Zone!** Your stress levels are putting you in extreme risk.