

Please circle your score below:

- 5 – 10** Great news! There is no impact!
- 11 – 15** Good news! You have just a bit of impact!
- 16 – 20** Not bad! Be careful though...
- 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!** You stress levels are putting you in extreme risk.