



Massage New Zealand Awareness Week 2014

Quizz: How Stressed Are You?

Stress is a normal feeling that we all experience from time to time. Some stress helps us perform better but there's a tipping point where too much stress can hinder that performance and leave us overloaded and/or feeling exhausted. Whether it's emotional stress like work or family matters, physical stress like over exercising when you're run down, chemical stress like alcohol & tobacco or a combination of all, stress can get the better of anyone and lead to an array of physical and or mental health issues.

Give yourself a number that correlates to the following answers:

Never = 1, Sometimes = 2, Often = 3, Always = 4

At the end of the quiz tally your score and read the corresponding summary below.

Q1: I find it hard to get up in the morning and go to work

Q2: I bottle up my feelings

Q3: I am tired all the time, or have difficulty getting to sleep with a racing mind

Q4: I feel as though my work or family life is meaningless or stagnant

Q5: I am busy all the time but don't seem to get much done

Q6: Unless I'm involved, things don't get done and I can't take a break

Q7: I find it hard to take time to relax and pursue my hobbies

Q8: I avoid resolving difficult situations at work or home

Q9: I find it hard to say no to people's requests

Q10: I regularly get colds, headaches or other illnesses

If your score was 10 – 20

Generally you manage stress well. You are aware of the affects stress has on you allowing you to recognise when stress levels are rising and to counter them accordingly. When new or challenging situations arise, you take them in your stride.

If your score was 21 - 30

You get stressed, but it's not causing you any major health or lifestyle problems some stress management strategies that can help you recognise the signals your body is giving you and to counter the effects of stress.

If your score was 31 - 40

Your stress levels are high and your health may be suffering even if you're not aware that it is. Reassess what's important to you. Reduce stress in your life and use some stress management strategies to get calm and healthy

What can help to reduce my stress and anxiety levels?

- Eating a healthy diet
- Ensure you are getting enough sleep
- Exercising regularly; can help your physical and mental strength and reduces stress. It also releases serotonin (the feel good hormone)
- Get a regular massage; helps to lower your cortisol levels, thereby reducing your stress. It also helps boost your immune system.
- Talk with someone who will listen and provide good support and advice if you want it
- Review all the sources of stress in your life - what can be reduced, stopped or changed to take some pressure off
- When things are out of your control, then it's even more important to reduce stress in other areas of your life
- Problem-solving and action planning are two great approaches that can help break things down into do-able steps
- Sitting all day is really unhealthy. We need to be more active for both our body's sake and our mental wellbeing
- Reduce your alcohol intake and stop smoking
- Relaxation; think about what helps you relax, make time to include these things in your week. Learn some relaxation techniques
- Understand anxiety and stress
- Learn some new skills to help you deal with specific stresses
- Learn about budgeting or get some financial advice
- See a qualified counselor or clinical psychologist

**Feeling anxious? Please know that you are not alone;
“Anxiety disorders are very common affecting approximately 15% of
the New Zealand population.”**

Helpful Sites;

- <http://www.healthnavigator.org.nz/health-topics/stress/>
- <http://www.healthnavigator.org.nz/health-topics/anxiety/>
- <http://www.headspace.org.nz/young-people/stress-and-anxiety.htm>
- http://www.calm.auckland.ac.nz/17.html#2_
- <http://www.mentalhealth.org.nz/resourcefinder/index.php?c=listings&m=results&topic=53>
- <http://anxietysupport.org.nz/>
- <http://www.kidshealth.org.nz/anxiety>
- <http://www.beatingtheblues.co.nz/>
- <http://www.huia.co.nz/relax> (a book on anxiety)