Stress
Please mark each statement that is true about you.

□ If I could stop worrying so much, I could accomplish a lot more.
□ Currently, I have a high level of stress.
□ In this point in my life I often feel like I am overwhelmed.
□ I have a lot to do, but I just feel like I can't get ahead or even sometimes keep up.
□ I often worry that things won't turn out like they should.
□ I have so much going on right now, sometimes I just feel like I want to scream.

Score "1" for each checked box. Range is 0 to 6, with higher numbers indicating higher levels of stress. This is ***not a screening for more serious issues*** related to anxiety and/or depression.