

Take the Stress Test: Are You Stressed?



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| 1. Do you feel tired all the time or have trouble sleeping? | YES | NO |
| 2. Do you have a hard time relaxing or feel unable to relax? | YES | NO |
| 3. Do you forget things all the time? | YES | NO |
| 4. Are you frequently angry and tired at the end of the day? | YES | NO |
| 5. Do you always feel under pressure? | YES | NO |
| 6. Do you argue all the time, even about minor things? | YES | NO |
| 7. Can you never find time for yourself? | YES | NO |
| 8. Do you no longer want to socialize with others? | YES | NO |
| 9. Do you lack patience and feel others are always wrong? | YES | NO |
| 10. Do people often tell you that you seem tense or upset? | YES | NO |

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Grade: 10-1
