

# OVERLOAD

*This exercise can help you to assess your stress due to overload.*

## How often do you...

1. Feel that people around you simply expect too much from you?
2. Feel overwhelmed by what needs to be done?
3. Find all of your responsibilities infringing on your free time?
4. Find yourself with insufficient time to complete your work?
5. Find yourself becoming confused and unable to think clearly?
6. Wish you had help to get everything done?
7. Feel that you have too much responsibility?
8. See no end to all that is expected of you?
9. Have to skip a meal so that you can get your work completed?
10. Get depressed when you consider all of the tasks that need to get done?

Almost Always	Very Often	Seldom	Never
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**Scoring:** Almost always = 4 points; Very Often = 3 points; Seldom = 2 points; Never = 1 point.

**Score:** \_\_\_\_\_

**31-40 points:** You're way overloaded and stressed out. Talk to someone to get help and try to relieve yourself of some of your responsibility and stress.

**21-30 points:** You have a lot to do, but you can probably handle the stress level. Watch out for danger signs and try to finish some of your projects and responsibilities to reduce your overall stress level.

**11-20 points:** You seem to be handling your responsibilities with a minimum of worry.

**10 points:** It's hard to believe you can be so easy going! Check your answers and if they reflect your overall attitude—Congratulations!

## PERSONAL STRESS MANAGEMENT CONTRACT

Often stress can be controlled by deciding to let go of some stressful activities and allowing time for other activities that reduce stress. As simple as this seems, when we are under stress it is also easy to lose sight of the ultimate goal or plan that we meant to follow to reduce stress in our lives. The following personal contract can help you keep aware of your goal and plan.

***What do I want to do differently in the way I manage stress?***

***How will I plan to do it? What activities will I engage in?***

***Knowing myself as well as I do, how might I keep myself from changing (i.e., blaming others, putting down my successes as insignificant, being forgetful, etc.)***

***How will I know my plan is working? What changes do I expect to notice when my stress is reduced?***