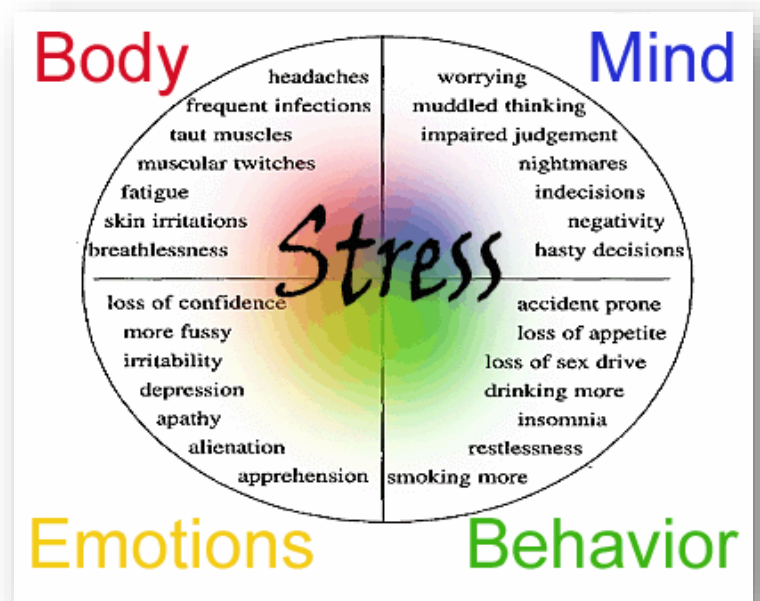


## Caregiver Stress Test #1

See if any of the following symptoms apply to you or someone you know:

- Irritability:** Shorter fuse these days, little things make you angrier?
- Sense of humor:** Laughing less, too serious?
- Worry:** Reliving or projecting future anxious emotional experiences? Depressed, resigned over the way things are?
- Excessiveness:** Eating, drinking too much, too many mood-altering stimulants?
- Forgetfulness:** Can't remember little things lately? Do you have mental gridlock?
- Aches and pains:** Recurring headaches, frequent gastrointestinal distress, tension in face, jaw, shoulders, back or chest?
- Nervousness:** Talking faster, more than in the past?





- Fatigue:** Feeling run-down a lot? Tired, but can't get restful sleep?
- Illness:** Suffering allergies, colds, flu and other ailments more often?
- Time pressure:** Often feel as if there is not enough time, too much to do?

If you answered yes to three or more of these questions, there's a good chance you are experiencing some degree of chronic stress; but take heart, you can control your stress.