

## Encouragement for Exhausted Christian Women

### Stress Evaluator

Read through the list and check each item you have experienced **more than once in the past week.**

- You get irritable or impatient over little things.
- You have a hard time getting to sleep or staying asleep.
- You seem overly emotional.
- Your body sometimes feels so wound up that you can't relax.
- You think, 'If I can just get through this, then I'm going to do some of the things I really want to do.'
- You get frustrated at how forgetful you are.
- You are easily distracted, even from things you enjoy.
- Your friends say you are moody.
- You run out of energy before your day is done.
- You find it hard to make definite decisions or to stick to them once they are made.
- You get fed up when things take longer than you plan.
- You find yourself eating when you really aren't hungry.
- You avoid spending time with family or friends because they just take too much energy.
- You feel like nothing sounds fun or exciting.
- You enjoy the adrenaline rush of last-minute deadlines.
- You are not working up to your normal ability.
- You find that worry distracts you from reaching your goals.
- You have trouble delegating tasks because you think you can do them better.

### SCORE:

1-6 = mild to moderate stress level, keep an eye on it

7-12 = serious stress level, need to make some changes now

13-18 = severe, affecting your mental, emotional and physical health – you should get help right away