

STRESS LEVEL SCALE

| RATING | STRESS LEVEL MARKERS | EMOTION | SOURCE |
|--|--|---------|--------|
| <p>7 – 10</p> <p>Highest Stress</p> | <p>Many people drive me crazy</p> <p>Physical space message and disorganized</p> <p>Not attending to email</p> <p>Forget to take vitamins, medications</p> <p>Eat any food</p> <p>Difficulty sitting still or falling asleep</p> | | |
| <p>5 – 7</p> <p>Moderate Stress</p> | <p>Increasing irritation</p> <p>Piles grow, sense of no time to deal with things</p> <p>Occasionally forget vitamins and medications</p> <p>Increased random eating</p> <p>Make poor food choices</p> | | |
| <p>3 – 5</p> <p>Low Stress</p> | <p>Mildly irritated, but easily overcome</p> <p>Things being to pile up for later</p> <p>Feel like I need one cookie to keep going, but can stop there</p> | | |
| <p>0 – 3</p> <p>Minimal to No Stress</p> | <p>Mostly rested</p> <p>Sense of peace</p> <p>Good mood</p> <p>Able to focus</p> | | |