Gibsons Health and Wellness Centre $^{\circledR}$

441 Marine Drive, P.O. Box 1063 Gibsons, British Columbia VON 1VO Canada

STRESS TEST

Name:					Date:
					s no matter how mild your exposure may have been
C (child), T ((tee	nag	er), .	A (adult), or N (not at all)
1. PHYSICAL STRESS:			Ę		Explain
Birth Traumas (Mother or Child)	С	Т	Á	Ν	
Slips/Falls	С	Т	Α	N	
Sports Injuries	С	Т	Α	Ν	
Poor Posture	С	Т	Α	Ν	
Extensive Computer Work	С	Т	Α	Ν	
Carrying Heavy Purse/Child	С	Т	Α	Ν	
Repetitive Lifting/Bending	С	Т	Α	N	
Continuous Sitting/Standing	С	T	Α	N	
Bone Fracture/Surgery	С	Т	Α	N	
Driving for Many Hours	С	Т	Α	N	
Car Accidents	С	Т	Α	N	
Physical Abuse	С	Т	Α	N	
Work Injuries	С	Т	Α	N	
Sleeping Position – Stomach	С	Т	Α	N	
Poor Health	С	Т	Α	N	
Other	C	Т	Α	N	
2. CHEMICAL STRESS					Explain
Smoker or Second-Hand Smoke	С	Т	Α	N	
Alcohol/Drugs	C	Ť	A	N	
Poor Diet	С	Ť	Α	N	
Caffeine – Amount?	C	Ť	A	N	
Excessive Sugar	C	Ť	A	N	
Artificial Sweeteners	C	Ť	A	N	
Prescription Drugs	C	Ť	A	N	
Over-the-Counter Drugs (e.g. Tylenol, Advil)	C	Ť	A	N	
Environmental Pollution	C	Ť	A	N	
Other	C	Ť	A	N	
Other		- 1		IN	
3. EMOTIONAL STRESS					Explain
Relationships	С	Т	Α	N	p
Career	C	T	Α	N	
Children	C	Ť	Α	N	
Money	C	Ť	A	N	
Fast-Paced Life Style	С	Ť	Α	N	
Internalized Feelings	C	Ť	A	N	
Perfectionist	C	Ť	A	N	
Procrastinator	C	Ť	A	N	
Sickness or Loss of a Loved One	C	T	A	N	
Quick Temper	C	T	A	N	
Verbal Abuse	C	÷	A	N	
Other	С	Т	Α	N	
4. Which do you feel is your primary s Explain:	tress	sou	ırce	: Phy	ysical Chemical or Emotional ?