

Check Your Stress Quiz

How to Play:

- 1) Rate your stress level for each category. Ask your partner to rate their stress level too!
 - 2) Add up your combined score.
 - 3) Name exactly what is causing the stress.
 - 4) Brainstorm with your partner ways to reduce it!
- Add additional categories that reflect your unique situation.

Stressor	Mine Yours	Ours (Total score)	Name it in a few words	Reduce it
Financial	0 1 2 3 4 5 0 1 2 3 4 5			
Housing	0 1 2 3 4 5 0 1 2 3 4 5			
Family	0 1 2 3 4 5 0 1 2 3 4 5			
Work	0 1 2 3 4 5 0 1 2 3 4 5			
Health	0 1 2 3 4 5 0 1 2 3 4 5			
Birthing	0 1 2 3 4 5 0 1 2 3 4 5			
Newborn Care	0 1 2 3 4 5 0 1 2 3 4 5			
Feeding Baby	0 1 2 3 4 5 0 1 2 3 4 5			
Other				
	0 1 2 3 4 5 0 1 2 3 4 5			
	0 1 2 3 4 5 0 1 2 3 4 5			
	0 1 2 3 4 5 0 1 2 3 4 5			

