

# Veeva Stress Quiz



Thank you for downloading this quiz. Below is a list of common symptoms of stress. Please read each question carefully. Indicate how much you have been bothered by that symptom during the past month, including today, by noting the number that corresponds to how intense your symptoms are. The first 5 questions are about emotional stress, while the last 5 are about physical stress. If you are unsure of an answer, please choose an answer that closely depicts how you are feeling, even if it is not exact.

For each question: **0 = never**; **1 = rarely**; **2 = sometimes**; **3 = fairly often**

1. In the last month, how often have you felt emotionally unstable or irritable? Answer (0-3): \_\_\_\_\_
2. In the last month, how often have you felt unable to concentrate? Answer (0-3): \_\_\_\_\_
3. In the last month, how often have you had difficulty sleeping? Answer (0-3): \_\_\_\_\_
4. In the last month, how often have you felt sad? Answer (0-3): \_\_\_\_\_
5. In the last month, how often have you wanted to run and hide? Answer (0-3): \_\_\_\_\_
6. In the last month, how often have you felt fatigued? Answer (0-3): \_\_\_\_\_
7. In the last month, how often have you felt pain in the neck or lower back? Answer (0-3): \_\_\_\_\_
8. In the last month, how often have you experienced indigestion or queasiness in the stomach? Answer (0-3): \_\_\_\_\_
9. In the last month, how often have you felt a pounding of your heart? Answer (0-3): \_\_\_\_\_
10. In the last month, how often have you felt hot, sweaty, and/or clammy? Answer (0-3): \_\_\_\_\_

**Add up scores here:** \_\_\_\_\_

## Results:

A total score of 0-9 indicates low stress, which would be considered acceptable and normal for most people.

A total score of 10-15 indicates mild stress, but the symptoms are a nuisance and are, at times, affecting your quality of life. Veeva may be a good choice for you.

A total score of 16-20 indicates moderate stress, with chronic symptoms that are negatively impacting your quality of life. Consider Veeva and other lifestyle strategies to help reduce your stress.

A total score of 21-30 indicates severe stress, with chronic daily symptoms that are negatively impacting quality of life. Consult a health care practitioner and consider Veeva and other lifestyle strategies to help reduce your stress.

If you decide to try Veeva, come back to this quiz in another 6 weeks and do it again.

Let us know how you're progressing by emailing us at [info@veeva.ca](mailto:info@veeva.ca). We'd love to hear from you :)

The Veeva stress quiz was compiled by Dr. Jonathan Prousky BPHE, B.Sc., MSc, ND, based on research by the father of stress research Dr. Hans Selye