

# ARE YOU STRESSED?

TAKE CONTROL OF YOUR LIFE  
AND UNLOCK YOUR POTENTIAL



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## BEFORE YOU BEGIN

Most of us know how easy it is to let stress get the best of us, and the negative outcomes stress can have on the human body. The following stress quiz will help determine the level of stress you are experiencing in your life at this very moment. There are no right or wrong answers. To analyze your stress level, answer the following questions with your first initial answer. After taking the quiz, add up the numbers to determine your score then check out the Five Finger Action Plan to help you start conquering your stress.

## QUIZ

0=Never 1=Almost Never 2=Sometimes 3=Fairly Often 4=Very Often 5=Almost Always

How often do you have to stop yourself from impulsive decisions or actions due to frustration or anger?	
How often do you feel like things never go in your favor?	
How often do you miss social occasions due to stress?	
How often do you feel a lack of meaningful connections to loved ones, friends, and family?	
How often do you feel angered by things out of your control?	
How often do you think about things you should have done differently?	
How often do you avoid situations in fear that you will be criticized or rejected?	
How often do you experience stress-related headaches, muscle tension, or palpitations?	
How often do you need to repeatedly check on things due to anxiety? i.e. checking locks on doors, email notifications, checking in on people.	
In the last few months, how often have you "broken down" due to feeling stressed?	
How often do you feel your mind slow down or blank due to stress?	
How often do you skip the gym, yoga, or other physical exercise?	
How often do you feel like you have too much on your plate and are overwhelmed?	
How often do you have difficulty sleeping because you can't "shut your brain off"?	
How often do you experience issues related to your heart, kidney, or diabetes?	
How often do you get agitated at a small inconvenience such as a red light, train, long checkout lines?	
How often do you avoid certain people due to feeling uneasy or nervous?	
How often do you feel unconnected to your true purpose?	
How often do you feel overwhelmed with tasks and will never get ahead?	
How often do you feel like you don't live up to your potential or calling?	
TOTAL	

## YOUR RESULTS

### **0-20** Based on your score, you are experiencing a relatively low susceptibility to negative stress in your life.

You have a strong handle on the stress in your life. Unfortunately, we all experience at least some stress on a regular occasion, but you seem to know how to cope in a healthy way before it becomes overwhelming. Although you have developed a stronger barrier to stress than most people, it's not impossible to become susceptible to stress. You still need to be aware of your stressors, especially those that have a strong impact on you.

### **21-40** Based on your score, you are moderately prone to stress.

It's clear you have some coping mechanisms but still struggle in some areas. There are many opportunities for you to improve your ability to cope, combat, and even prevent stress.

### **41-60** Let's work on your susceptibility to stress.

Although you're not in crisis mode yet, you are getting close. It's best to identify your stressors and tackle them before it becomes overwhelming. Learning positive coping mechanisms is critical for your mental, emotional, and physical health.

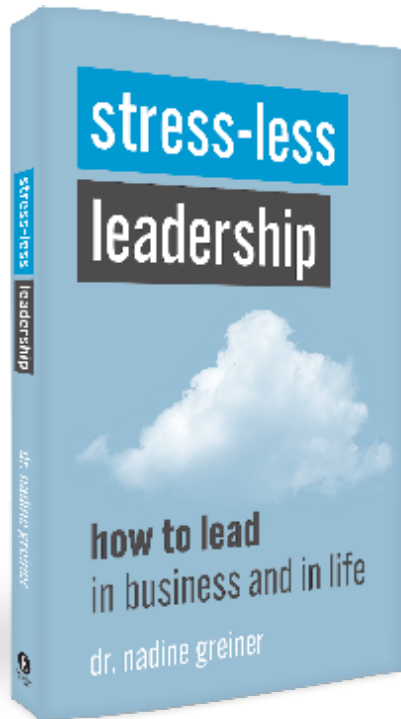
### **61-80** Based on your score, you are highly prone to stress and are in crisis mode.

You frequently find yourself in situations that cause stress and you don't have the needed coping mechanisms to overcome. This realization should be a liberating wake-up call for you. Know that there is still hope.

### **81-100** You are overstressed and need immediate action.

You almost always find yourself overwhelmed and stressed. Unfortunately, you have a difficult time coping with stressful situations, feelings, and environments.

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*“I am delighted for you, as the reader, to now have access to Dr. Greiner’s seminal work on stress.”*

**- Marshall Goldsmith**

*#1 Leadership Thinker and NYT Bestselling Author*

Take control of the pressures at work and at home with actionable strategies and real-world solutions and unlock your potential with Stress-Less Leadership. To dig deeper into how to lead with less stress, check out my book *Stress-Less Leadership: How to Lead in Business and in Life*. Purchase your copy [HERE](#).

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## ABOUT DR. NADINE GREINER

My name is Dr. Nadine Greiner and my mission is to make the executive experience exceptionally enjoyable and effective. I believe that the world needs great leaders. The world needs you, at your best.

As a psychologist and former corporate CEO, I understand the pressures and demands you face. Equipped with this background, and a 30-year record of developing some of the brightest stars in San Francisco and Silicon Valley, my goal is to help you achieve even greater success in your career too.

Let’s talk about how we can work together.

*As an active animal advocate, I donate 20% of all profits to animal welfare.*



**Invite Dr. Nadine to speak or work with you and your team.**