



# Work Life Balance Stress Check

Stress Awareness Month is a good time to notice how work spills into the rest of life. This quick check gives you a snapshot of your current stress level and a few ideas to help you switch out of work mode at the end of the day.

## Quick Stress Score

How often is this true for you on a typical week?

0 = Rarely or never

1 = Sometimes

2 = Often

3 = Almost always

<b>1</b>	I feel tense or on edge during most workdays.	0	1	2	3
<b>2</b>	I think about work when I am off the clock.	0	1	2	3
<b>3</b>	I check work email or messages late at night.	0	1	2	3
<b>4</b>	I wake up tired, even after a full night of sleep.	0	1	2	3
<b>5</b>	People close to me say I seem stressed or distracted.	0	1	2	3
<b>6</b>	I don't make time for activities that refill my energy.	0	1	2	3

*This worksheet is for personal reflection only.  
It does not replace care from a health professional.*

Add your points:

### 0–6: Green zone

Stress feels mostly under control. Keep practicing the habits that help you shut down from work, like the simple ideas listed below.

### 7–14: Caution zone

Stress is starting to climb. Try one new shutdown habit this week, such as a 5-minute routine or a no email time in the evening.

### 15–24: High-stress zone

Stress feels heavy and frequent. Use the shutdown ideas below and consider extra support, like a trusted person or a health professional.

## Short Shutdown Routine Ideas

- Take 10 slow belly breaths and roll your shoulders.
- Put your work phone or badge in a set spot and walk away.
- Spend a few minutes on something pleasant: a short walk, music, stretching, or chat with someone you care about.