



SILVER HILLS

Silver Hills On-the-Road Presents. . .  
**Stress Management Solutions**  
for our 24/7 world.



# Is Your Life Out Of Balance?

No Time • No Energy • No Joy

**Stress Resilience Secrets That Everyone Needs To Know**



## Special Report

**How Stressed Are You?**

**Do You Know How Stress Is Affecting You?**

**Take 5 Minutes Right Now**

**Learn How Hot Is Your Stress Soup?**

**2 Ways To Determine Your Stress Risk**

**The Stress Test • Stress Warning Signals**

**The next 4 pages could literally save your life**

A key principle in effectively managing your stress over the long haul, is knowing how stress is affecting you, physically, mentally and emotionally. The affects of negative stress can be very deceiving. One person may feel they are handling their stress very well and yet be on the verge of major stress illness. Another person, with the same stress levels, may feel very stressed and anxious while having excellent stress coping skills with their stress not only well under control but in reality be thriving on the challenges of the stress in their life.

We see people all the time who if asked if they are stressed or felt stressed would say “no”. At the same time they are experiencing several serious stress warning signals. Stress and its affects can be very subjective. **What you need is some way of objectively evaluating how stress is affecting you right now.** Here are two (2) ways to help.



First, **The Stress Test**—on the next page is a simple but very powerful stress assessment tool. We have used this to help 10s of 1000s of people in seminars and in one-on one coaching sessions across Canada, the USA and Australia. It takes only 2 or 3 minutes to do and quickly gives you a snapshot of how stress is affecting you today. Answer the questions based on how you have been feeling during the last 30 days. Total up your score and then read the following page on what it all means. Feel free to share this with family, friends and staff.

## The Stress Test

One measure of stress that has been used with success in national surveys is the General Well-Being Scale (GWB), designed by the National Center for Health Statistics. A high score on the GWB represents an absence of bad feelings and an expression of positive feelings.

questions ask how you feel and how things have been going for you during the past month. For each question, mark an X for the answer that most nearly applies to you. Since there are no right or wrong answers, it's best to answer each question quickly, without pausing too long on any of them.

**The General Well-Being Scale**  
**Instructions:** The following

1. How have you been feeling in general?
- 5 ☐ In excellent spirits
  - 4 ☐ In very good spirits
  - 3 ☐ In good spirits mostly
  - 2 ☐ I've been up & down in spirits a lot
  - 1 ☐ In low spirits mostly
  - 0 ☐ In very low spirits

2. Have you been bothered by nervousness or your "nerves"?
- 0 ☐ Extremely so--to the point where I cannot work or take care of things
  - 1 ☐ Very much so
  - 2 ☐ Quite a bit
  - 3 ☐ Some--enough to bother me
  - 4 ☐ A little
  - 5 ☐ Not at all

3. Have you been in firm control of your behavior, thoughts, emotions, or feelings?
- 5 ☐ Yes, definitely so
  - 4 ☐ Yes, for the most part
  - 3 ☐ Generally so
  - 2 ☐ Not too well
  - 1 ☐ No, and I am somewhat disturbed
  - 0 ☐ No, and I am very disturbed

4. Have you felt so sad, discouraged, or hopeless, or had so many problems, that you wondered if anything was worthwhile?
- 0 ☐ Extremely so--to the point I have just about given up
  - 1 ☐ Very much so
  - 2 ☐ Quite a bit
  - 3 ☐ Some--enough to bother me
  - 4 ☐ A little bit
  - 5 ☐ Not at all

5. Have you been under or felt you were under any strain, stress, or pressure?
- 0 ☐ Yes--almost more than I could bear
  - 1 ☐ Yes--quite a bit of pressure
  - 2 ☐ Yes--some, more than usual
  - 3 ☐ Yes--some, but about usual
  - 4 ☐ Yes--a little
  - 5 ☐ Not at all

6. How happy, satisfied, or pleased have you been with your personal life?
- 5 ☐ Extremely happy--couldn't have been more satisfied or pleased
  - 4 ☐ Very happy
  - 3 ☐ Fairly happy
  - 2 ☐ Satisfied--pleased
  - 1 ☐ Somewhat dissatisfied
  - 0 ☐ Very dissatisfied

7. Have you had reason to wonder if you were losing your mind, or losing control over the way you act, talk, think, feel, or of your memory?

- 5 ☐ Not at all
- 4 ☐ Only a little
- 3 ☐ Some, but not enough to be concerned

- 2 ☐ Some, and I've been a little concerned
- 1 ☐ Some, and I am quite concerned
- 0 ☐ Much, and I'm very concerned

8. Have you been anxious, worried, or upset?

- 0 ☐ Extremely so--to the point of being sick, or almost sick
- 1 ☐ Very much so
- 2 ☐ Quite a bit
- 3 ☐ Some--enough to bother me
- 4 ☐ A little bit
- 5 ☐ Not at all

9. Have you been waking up fresh & rested?

- 5 ☐ Every day
- 4 ☐ Almost every day
- 3 ☐ Fairly often
- 2 ☐ Less than half the time
- 1 ☐ Rarely
- 0 ☐ None of the time

10. Have you been bothered by any illness, bodily disorder, pain, or fears about your health?

- 0 ☐ All the time
- 1 ☐ Most of the time
- 2 ☐ A good bit of the time
- 3 ☐ Some of the time
- 4 ☐ A little of the time
- 5 ☐ None of the time

11. Has your daily life been full of things that are interesting to you?

- 5 ☐ All the time
- 4 ☐ Most of the time
- 3 ☐ A good bit of the time
- 2 ☐ Some of the time
- 1 ☐ A little of the time
- 0 ☐ None of the time

12. Have you felt downhearted and blue?

- 0 ☐ All the time
- 1 ☐ Most of the time
- 2 ☐ A good bit of the time
- 3 ☐ Some of the time
- 4 ☐ A little of the time
- 5 ☐ None of the time

13. Have you been feeling emotionally stable and sure of yourself?

- 5 ☐ All the time
- 4 ☐ Most of the time
- 3 ☐ A good bit of the time
- 2 ☐ Some of the time
- 1 ☐ A little of the time
- 0 ☐ None of the time

14. Have you felt tired, worn out, used up, or exhausted?

- 0 ☐ All the time
- 1 ☐ Most of the time
- 2 ☐ A good bit of the time
- 3 ☐ Some of the time
- 4 ☐ A little of the time
- 5 ☐ None of the time

**Note:** For each of the four scales below, the words at each end describe opposite feelings. Circle any number along the bar that seems closest to how you have felt generally **during the past month**.

15. How concerned or worried about your health have you been?

Not concerned at all					Very concerned
10	8	6	4	2	0

16. How relaxed or tense have you been?

Very relaxed					Very tense
10	8	6	4	2	0

17. How much energy, pep, and vitality have you felt?

Very energetic, dynamic					No energy at all, listless
10	8	6	4	2	0

18. How depressed or cheerful have you been?

Very cheerful					Very depressed
10	8	6	4	2	0

**Directions:** Add up all the points you've checked or circled for each question and write here your

**Total Score** \_\_\_\_\_

The Stress Test is taken from the book  
**Don't Eat The Soup As Hot  
 As They Cook It!™**  
 By Cameron Johnston

### Stress State

- 1. Indicates Positive Well-being
- 2. Low Positive Well-Being
- 3. Marginal
- 4. Indicates Stress Problem

### Total Stress Score

- 81-110
- 76-80
- 71-75
- 56-70

### Stress State

- 5. Indicates Distress
- 6. Serious
- 7. Severe

### Total Stress Score

- 41-55
- 26-40
- 0-25

Your score on the stress test is a snapshot of how stress is affecting you right now. **Were you pleasantly or unpleasantly surprised by your score?** Pleasantly surprised means you got a better score than you thought and unpleasantly means the result is lower than you thought it would be. Both results are very important. **If you were pleasantly surprised** then you are managing your stress better than you feel you are. This is good and you need to know that even though you are feeling stressed, in fact, your body is actually managing your stress better than you think or feel. This is good news! **If you were unpleasantly surprised** then your body is feeling the stress more than you think, feel or are aware of and it is very important that you needed actions to manage your stress better.

**A Score of 81-110 Indicates Positive Well-being**—this is good, yet with lower numbers there may be some warning signals.

**A Score of 76-80 Indicates Low Positive Well-Being**—also good but there can be some serious stress warning signals.

**A Score of 71-75 Indicates Marginal Stress**—stress is still not a serious problem but there will be some warning signals.

**A Score of 56-70 Indicates a Stress Problem**—here stress is beginning to be a serious negative factor and there will definitely be several stress warning signals overlapping in several categories.

**A Score of 41-55 Indicates Distress**—here stress is a major negative factor and is likely to be causing serious distress both physically and emotionally. See below for help options for a score below 56.

**A Score of 26-40 Serious**—at this stage stress is causing serious problems with many stress warning signals probably including depression, fear and unnatural anxiety. See below for help options.

**A Score of 0-25 Severe**—at this stage it becomes very difficult to function normally and if stress is not addressed quickly can lead to burnout and various stress related illnesses. See below for help options.

**A note regarding a stress score below 56 and short and long-term stress**—if you have a score below 56, it is very important to determine if the stress is short or long-term. **Short-term stress** is when someone many have a major change at work or even lose their job, contract a major illness plus have a death in the family all within a few weeks on top of all the regular stresses of life. This is all short-term stress and most people can bounce with it for a short time and with some adjustments will get back to normal before long. **Long-term stress** on the other hand is chronic stress that has been going on for months or even years with no end or change in sight. Examples are a chronic illness, a miss match for a job, a toxic relationship, major losses that prolongs the grief process, etc. **Long-term chronic stressors are the most dangerous and need to be addressed.** If there are no immediate solutions then the individual must make sure that they have maximized their coping skills and reserves.

## Stress Assessment Tool Number 2—Stress Warning Signals

**Stress Warning Signals**—are very important because they are your body telling you that stress has become a problem. Understand that the number of stress signals will increase for most people with a lower stress test score but not necessarily. We all respond to stress differently and some people will have 2 or 3 stress warning signals while someone else with the same score will have 10 or 15 or more. **The good news** is that once you resolve the stress all the stress warning signals should disappear whether you have one of a dozen, this includes depression and other symptoms provided they are stress related.

**Below check any symptoms unusual for you. They may be an indicator of excessive or unmanaged stress.**

### Physical Signals

- |   |                                      |  |  |                                       |
|---|--------------------------------------|--|--|---------------------------------------|
| <input type="checkbox"/> Headaches          | <input type="checkbox"/> Indigestion | <input type="checkbox"/> Stomach-aches | <input type="checkbox"/> Sweaty palms          | <input type="checkbox"/> Racing heart |
| <input type="checkbox"/> Sleep difficulties | <input type="checkbox"/> Dizziness   | <input type="checkbox"/> Back pain     | <input type="checkbox"/> Tight neck, shoulders | <input type="checkbox"/> Tiredness    |

### Behavioral Signals

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Excessive smoking or Alcohol use | <input type="checkbox"/> Inability to get things done | <input type="checkbox"/> Compulsive eating |
| <input type="checkbox"/> Attitude critical of others      | <input type="checkbox"/> Grinding of teeth at night   | <input type="checkbox"/> Bossiness         |

### Emotional Signals

- |   |   |  |
|---|---|--|
| <input type="checkbox"/> Crying                     | <input type="checkbox"/> Nervousness, anxiety               | <input type="checkbox"/> Anger                     |
| <input type="checkbox"/> Boredom--no meaning        | <input type="checkbox"/> Feeling powerless to change things | <input type="checkbox"/> Easily upset              |
| <input type="checkbox"/> Edginess--ready to explode | <input type="checkbox"/> Overwhelming sense of pressure     | <input type="checkbox"/> Unhappiness for no reason |

### Cognitive Signals

- |   |   |   |  |
|---|---|---|--|
| <input type="checkbox"/> Trouble thinking clearly | <input type="checkbox"/> Forgetfulness  | <input type="checkbox"/> Lack of creativity     | <input type="checkbox"/> Inability to make decisions |
| <input type="checkbox"/> Memory loss              | <input type="checkbox"/> Constant worry | <input type="checkbox"/> Loss of sense of humor | <input type="checkbox"/> Thoughts of running away    |

### Relational Signals

- |                                    |                                      |   |                                      |                                      |
|------------------------------------|--------------------------------------|---|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> Isolation | <input type="checkbox"/> Lashing out | <input type="checkbox"/> Lack of intimacy | <input type="checkbox"/> Intolerance | <input type="checkbox"/> Clamming up |
| <input type="checkbox"/> Hiding    | <input type="checkbox"/> Resentment  | <input type="checkbox"/> Nagging          | <input type="checkbox"/> Mistrust    |                                      |

### Spiritual Signals

- |                                   |  |  |  |   |
|-----------------------------------|--|--|--|---|
| <input type="checkbox"/> Apathy   | <input type="checkbox"/> Loss of meaning | <input type="checkbox"/> Loss of Direction | <input type="checkbox"/> Doubt             | <input type="checkbox"/> Unforgiving attitude |
| <input type="checkbox"/> Cynicism | <input type="checkbox"/> Emptiness       | <input type="checkbox"/> Bitterness        | <input type="checkbox"/> Martyrdom complex |   |

# 57 Practical Ways To Cool Down The Stress Soup



## 1. Let the Soup Sit

control the stress response by

calling a time out	set realistic expectations
take a media fast	avoid perfectionism
cut yourself some slack	know your limits
establish boundaries	talk positively to yourself

## 2. Thin The Soup with relaxation

take a stretch break often	get a massage
take a hot bath	listen to peaceful music
simplify, simplify, simplify	turn off the cell phone
meditate or pray	practice regular relaxation

## 3. Stir The Soup

with regular physical activity

take a walk	go to a gym
take the stairs	jump for joy



## 4. Play With The Soup with humor

laugh at yourself	have some fun
read a funny book	celebrate life
enjoy the moment	list all your bless-

## 5. Make Sure The Soup Is Nutritious

eat for energy and endurance

drink lots of water  
limit refined foods  
eat lots of fresh fruits and vegetables  
eat some raw food daily

## 6. Beware Of Poison In The Soup

avoid addictions, improve emotional intelligence and resolve deep-seated stress	freely forgive
let go of "what ifs"	develop positive relationships
resolve guilt	terminate toxic relationships
accept loss and deal with the grief	value yourself; deal with low-self worth and work off your anger

## 7. Give Thanks For The Soup

develop an attitude of gratitude and your spirituality	be positive and optimistic
count your blessings	grant grace
offer thanks	let go and let God
pray	

## 8. Eat The Soup Slowly And Enjoy It!

get enough rest and choose joy	get enough sleep
schedule play time	take mini-vacations
take a nap	don't overwork
do your best and then stop	

## Improving The Recipe For A Better Soup

develop a personal action plan	set aside time for planning	take personal responsibility	choose your priorities	review your purpose
	get organized	create a budget	ask the experts	throw out the junk

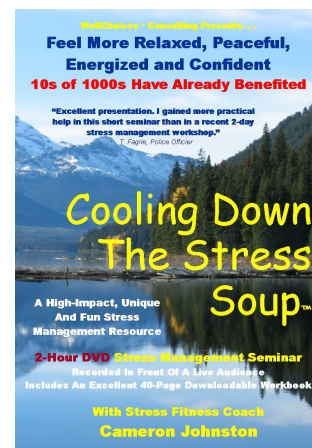
If your score on the Stress Test is below 56 and you feel the need for additional help, contact us for an hour of FREE stress management and burnout coaching, email: [cameronatsilverhills@gmail.com](mailto:cameronatsilverhills@gmail.com)

## 3 Excellent Stress Management Resources

**Book: Don't Eat The Soup As Hot As They Cook It!** By Cameron Johnston Printed copies all sold out, new printing coming soon, you can save 50% and order the book as a PDF that you read on your computer or print, 12 chapters and 140 pages of high-impact stress management resources for only \$10 and an immediate download.

**Book: Cooling Down Teen Stress** by Delight Johnston and Cameron Johnston Ten great chapters and 120 pages written by a Teen for Teens. Great as a gift or at anytime. Teens love the story and benefit from all the practical stress management strategies. One teen said, "I loved the story so much I read the book 3 times." *Heidi, Grade 10.*

**DVD Seminar Set: Cooling Down The Stress Soup** with Cameron Johnston Here is help on managing stress more effectively, Cameron's full 3 hour seminar with participant materials, etc. Participants say, "Practical stress coping strategies that I now use daily to prevent stress from making me sick."  
*Diane W., Caregiver & Homemaker*



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