

## Center Director Stress Test

(As appeared in TCCCG August News, 2010)

The following is a true/false test of the  
**Top Ten Signs That You May Be Stressed At Work.**

\_\_\_T \_\_\_F (1) You answer the center telephone with, "Oh crap what now?"

\_\_\_T \_\_\_F (2) Your "happy place" is under your desk.

\_\_\_T \_\_\_F (3) You fantasize about putting Prozac in the staff's drinking water.

\_\_\_T \_\_\_F (4) At your last dental appointment, the dentist had to cancel because he couldn't get your teeth unclenched.

\_\_\_T \_\_\_F (5) Your assistant accidentally brought you decaf and now you have no one to arrange her memorial!

\_\_\_T \_\_\_F (6) At lunchtime you frequently stand in front of the microwave shouting, "Why is this taking so long!"

\_\_\_T \_\_\_F (7) On your way back to our office you wonder aloud, "Who are all these little short people and why do they keep hugging my knees?"

\_\_\_T \_\_\_F (8) You've noticed that parents have started bringing police protection when they come in to make a late payment.

\_\_\_T \_\_\_F (9) Brayden's mom insinuates that she may call child care licensing and you laugh maniacally and yell, "Bring it on, sister!"

\_\_\_T \_\_\_F (10) Mrs. Sharon timidly tosses a note onto your desk that says she is sorry, but no, she will not be able to work 'til noon on the day of her 3:00 C-section and you shriek, "You wuss!" and hurl office supplies at her as she waddles down the hall.

\_\_\_T \_\_\_F **BONUS:** The first number on your speed dial is either Mrs. Field's or the liquor store that delivers.

Give yourself one point for each "false" answer,  
and a day off for each "true."  
(Or just press #1 on your speed dial.)