

## How Well Can I Cope with Stress

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*Circle your answer to the following questions*

### What do I know about stress?

- |   |      |       |
|---|------|-------|
| 1. Stress is always bad for your health                       | TRUE | FALSE |
| 2. Too little stress can be as bad for you as too much stress | TRUE | FALSE |
| 3. Some stress is essential to each of us                     | TRUE | FALSE |
| 4. Some people can cope with more stress than others          | TRUE | FALSE |
| 5. We can train ourselves to cope with more stress            | TRUE | FALSE |

### How fit am I?

- |  |     |    |
|--|-----|----|
| 1. I always climb stairs rather than travel in lifts                             | YES | NO |
| 2. I'm on my feet for 2-3 hours each day   | YES | NO |
| 3. I lift something heavy at least once a day                                    | YES | NO |
| 4. I ride a bike regularly   | YES | NO |
| 5. I run at least one mile a week  | YES | NO |
| 6. I run at least one mile three times a week                                    | YES | NO |
| 7. I play a strenuous sport at least once a week                                 | YES | NO |
| 8. I do regular exercise   | YES | NO |
| 9. I do something strenuous each day, e.g. gardening, walking, ironing, cleaning | YES | NO |

### How many healthy living habits do I have?

- |   |     |    |
|---|-----|----|
| 1. I do not smoke   | YES | NO |
| 2. I do not drink or rarely more than an occasional drink | YES | NO |
| 3. I get 7-8 hours sleep a night                          | YES | NO |
| 4. I eat regular meals and no snacks                      | YES | NO |
| 5. I eat a regular, balanced breakfast                    | YES | NO |
| 6. I get regular exercise                                 | YES | NO |
| 7. My body weight is right for my size                    | YES | NO |

### How well do I manage my time?

- |   |      |       |
|---|------|-------|
| 1. I never seem to have enough time for things  | TRUE | FALSE |
| 2. I rarely get things done on time             | TRUE | FALSE |
| 3. I can always find time for myself            | TRUE | FALSE |
| 4. I always know why I am doing what I am doing | TRUE | FALSE |
| 5. I keep lists of things I need to do          | TRUE | FALSE |

### How assertive am I?

- |  |      |       |
|--|------|-------|
| 1. I enjoy receiving compliments                                     | TRUE | FALSE |
| 2. I have difficulty in asking for help or favours                   | TRUE | FALSE |
| 3. I can start conversations with people I don't know                | TRUE | FALSE |
| 4. I find it easy to say "thank you" to someone who has been helpful | TRUE | FALSE |

- |   |      |       |
|---|------|-------|
| 5. I have difficulty in telling people that I like them | TRUE | FALSE |
| 6. I can give compliments without embarrassment         | TRUE | FALSE |
| 7. I never show it when I feel hurt                     | TRUE | FALSE |
| 8. When I'm annoyed I will say so                       | TRUE | FALSE |
| 9. I can't say "no" to people when I have to            | TRUE | FALSE |
| 10. I'm always prepared to give my opinion              | TRUE | FALSE |
| 11. I'm not good at making complaints                   | TRUE | FALSE |

### How much help do I have from people?

*If you can think of at least one person who can or does help you at your workplace and outside of work, put a tick in the appropriate box.*

- |  | At<br>Work               | Out of<br>Work           |
|--|--------------------------|--------------------------|
| 1. Someone I can rely on in a crisis                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Someone who makes me feel good about myself                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Someone I can be totally myself with                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Someone who will tell me how well or how badly I am doing             | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Someone I can talk to if I am worried                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Someone who really makes me stop and think hard about what I am doing | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Someone who is lively to be with                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Someone who introduces me to new ideas, new interests, new people     | <input type="checkbox"/> | <input type="checkbox"/> |

### How easy do I find it to set goals and achieve them?

- |   |      |       |
|---|------|-------|
| 1. I often don't know why I am doing what I am doing                      | TRUE | FALSE |
| 2. I know what is important to me   | TRUE | FALSE |
| 3. My plans often do not work out   | TRUE | FALSE |
| 4. I get good ideas but somehow nothing happens with them                 | TRUE | FALSE |
| 5. I believe if something is going to happen I must make it happen myself | TRUE | FALSE |

### How good am I at making decisions?

*(Circle TRUE or FALSE next to the Statements that are most nearly true or false for you)*

- |  |      |       |
|--|------|-------|
| 1. I always have difficulty in making up my mind   | TRUE | FALSE |
| 2. I am good at thinking of alternatives in any situation  | TRUE | FALSE |
| 3. If I have an important decision to make I always weigh up the advantages and disadvantages of each choice | TRUE | FALSE |
| 4. If I make a decision and it doesn't turn out to be a good one, it is my responsibility                    | TRUE | FALSE |
| 5. There are some times when it is better to delay making a decision   | TRUE | FALSE |

### How well do I relax?

*Can you list five things you do that will always help you to relax? Tick in the box provided, any of the following that you know how to do.*

- Meditation
- Yoga
- Muscle relaxation
- Breathing exercises
- Massage

## Do I know how to give myself treats when things are tough?

List **ten** things you can do that will really be a special treat for you, to help take your mind off your problems.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

## Do I talk sensibly to myself?

Put a tick in the box alongside each statement **IF and only IF** you agree with it.

- |  |                          |
|--|--------------------------|
| 1. I must be loved or at least liked by everyone   | <input type="checkbox"/> |
| 2. I must be perfect in all that I try to do   | <input type="checkbox"/> |
| 3. When things do not go the way I want them to go I get very angry or very depressed        | <input type="checkbox"/> |
| 4. I can have little control over what happens to me   | <input type="checkbox"/> |
| 5. It is easier to avoid difficulties than to face them                                      | <input type="checkbox"/> |
| 6. I can't change how I am   | <input type="checkbox"/> |
| 7. People are fragile and we should keep our thoughts to ourselves in order not to hurt them | <input type="checkbox"/> |
| 8. Anger is always bad and destructive and should be sat upon                                | <input type="checkbox"/> |
| 9. We should always try to please others without considering our own needs                   | <input type="checkbox"/> |
| 10. We can only be happy with other people   | <input type="checkbox"/> |

## SCORING THE QUESTIONNAIRE

*\*\* Check your score, then write 'HIGH', 'MOD' or 'LOW' in the square*

### What do I know about stress?

You should have the following answers:

1. FALSE
2. TRUE
3. TRUE
4. TRUE
5. TRUE

0 - 2 correct = **LOW**      3 correct = **MODERATE (MOD)**      4 - 5 correct = **HIGH**

### How fit am I?

0 - 4 Yes's = **LOW**  
5 - 6 Yes's = **MOD**  
7 - 9 Yes's = **HIGH**

### How many healthy living habits do I have?

0 - 3 Yes's = **LOW**  
4 - 5 Yes's = **MOD**  
6 - 7 Yes's = **HIGH**

### How well do I manage my time?

You should have the following answers:

1. FALSE
2. FALSE
3. TRUE
4. TRUE
5. TRUE

0 - 2 correct = **LOW**      3 correct = **MOD**      4 - 5 correct = **HIGH**

### How assertive am I?

You should have the following answers:

1. TRUE
2. FALSE
3. TRUE
4. TRUE
5. FALSE
6. TRUE
7. FALSE
8. TRUE
9. FALSE
10. TRUE
11. TRUE

0 - 4 correct = **LOW**      5 - 8 correct = **MOD**      9 - 11 correct = **HIGH**

**How much help do I have from people?**

Out of a total of 16 possible ticks:

0 - 6 = **LOW**

7 - 13 = **MOD**

14 - 16 = **HIGH**

**How easy do I find it to set goals and achieve them?**

You should have the following answers:

- 1. FALSE
- 2. TRUE
- 3. FALSE
- 4. FALSE
- 5. TRUE

0 - 2 correct = **LOW**

3 correct = **MOD**

4 - 5 correct = **HIGH**

**How good am I at making decisions?**

You should have the following answers:

- 1. FALSE
- 2. TRUE
- 3. TRUE
- 4. TRUE
- 5. TRUE

0 - 2 correct = **LOW**

3 correct = **MOD**

4 - 5 correct = **HIGH**

**How well do I relax?**

A list of 4 or 5 techniques = **HIGH**

A list of 3 techniques = **MODERATE**

Anything less = **LOW**

**Do I know how to give myself treats when things are tough?**

10 = **HIGH**

Anything less = **LOW**

**Do I talk sensibly to myself?**

0 - 2 = **HIGH**

3-5 = **MOD**

6-9 = **HIGH**

Count how many **HIGHS**, **LOWS** and **MODERATES** you have.

Give **10 points** for each **HIGH**

**5 points** for each **MODERATE**

**0 points** for each **LOW**

**Scores from 80 to 110**

You are quite skilled in the techniques for preventing/managing stress.

**Scores from 55 to 75**

You have some good coping skills, but there is room for improvement.

**Scores from 0 - 50**

Your stress coping skills are low, and you would benefit from working to become better equipped.