

STRESS ASSESSMENT / STRESS MANAGEMENT CHECKLIST

HOW VULNERABLE ARE YOU TO STRESS?

Mark from a range of 1 (almost always) to 5 (never), according to how much of the time each statement applies to you.

Number	Behaviors that Help Manage Stress
	I eat at least one hot, balanced meal a day.
	I get 7-8 hours of sleep at least 4 nights per week.
	I give and receive affection regularly.
	I have at least one family member within 50 miles on whom I can rely.
	I exercise to the point of breaking a sweat at least twice per week.
	I smoke less than a half a pack of cigarettes a day.
	I take fewer than 5 alcoholic drinks a week.
	My weight is appropriate for my height.
	I have an income that meets my basic expenses.
	I get strength from my spiritual beliefs.
	I regularly attend club or social activities.
	I have a network of good friends and acquaintances.
	I have one or more friends to confide in about personal matters.
	I am in good health.
	I am able to speak openly about my feelings when angry or worried.
	I do something fun at least one time per week.
	I am able to talk with the people I live with about domestic issues,
	I am able to organize my time effectively.
	I take quiet/relaxation time for myself during the day.
	I drink fewer than 3 cups of caffeinated drinks per day.

Subtotal _____ - 20 = _____ **Total**

Add your score. Then, subtract 20. Any number over 5 indicates a vulnerability to stress. Scores between 25-55 indicate that you are seriously vulnerable to stress. If your score is over 55 you may be extremely vulnerable to stress.

STRESS SYMPTOM CHECKLIST

The symptoms of stress can be broken down into four categories. Use the list below to check off symptoms of stress you may have felt in the last month. It does not matter to what degree you have experienced the symptom.

Check	Physical Signs of Stress:	Check	Behavioral Signs of Stress:
	<ul style="list-style-type: none"> • Stomach pain; nervous stomach • Appetite change; weight change • Stiff or sore joints, especially neck and shoulders • Muscle tightness, cramps and spasms • Back or chest pain • Migraines or tension headaches • Frequent colds or illness, sore throat or cough • Fever blisters • High blood pressure • Rapidly beating heart, even when resting • Nervous tick or twitch • Skin conditions such as rashes; hives; skin irritation • Fatigue, lack of energy • Cold hands and feet • Bloating; diarrhea; constipation 		<ul style="list-style-type: none"> • Excessive video games, or TV watching • Excessive use of alcohol, drugs, or tobacco • Over-eating or under-eating • Losing temper easily; arguing more • Being late to classes or skipping classes • Compulsive behaviors - checking; cleaning; organizing • Hyperactivity-feeing you can't slow down • Increased nervous habits, nail biting hair twisting • Sexual problems • Sleep problems-too much or too little, interrupted • Isolating self • increased recklessness or risk taking
Check	Emotional/Psychological Signs of Stress:	Check	Cognitive Signs of Stress:
	<ul style="list-style-type: none"> • Feeling overwhelmed or that there is way too much to do • Feeling "out of control" • Frequent worrying or obsessing • Anxiety • Unexplained/irrational fears • Frequent recurring nightmares • Frequent irritability; easily frustrated • Feeling angry and resentful • Mood swings, crying spells • Depression • Frequent guilt • Boredom • Apathy; dissatisfaction; less interest in activities that are usually enjoyable • Loneliness • Feeling inadequate, powerless, hopeless 		<ul style="list-style-type: none"> • Difficulty making decisions; impulsivity; indecisiveness • Confusion; disorientation; "spaciness" • Difficulty concentrating, attending • Difficulty remembering information, details, or recent events • Repetitive thoughts • Poor judgment • Frequently misunderstanding what others tell you • Thoughts of escaping, running away from things, • Racing thoughts
Number of Items Checked			Stress Level
0-7 8-14 15-21 22+			Low Moderate High Very High

CHECKLIST OF STRESS MANAGEMENT

I. Reactive Stress Management - Useful for immediate or short term stress management

Talk to some	Listen to music
Walk for 10-20 minutes	Take a hot shower/bath
Watch a favorite movie/show	Spend time with someone close to you
Take 5 deep breaths	Picture yourself in 5 years

II. Proactive Stress Management- Useful to strengthen your well-being

Eat Healthy	Practice deep breathing
Practice assertive communication	Practice mindfulness with daily activities
Let go of perfectionism	Manage time and plan for daily events
Engage in regular exercise	Build trusting relationships
Take a long walk around the lakes or hike in one of the local parks	Return kindness to others
Complete a gratitude journal before bed	Practice non-judgmental self-talk

III. Preventive Stress Management - Useful for making significant changes to increase resiliency and well-being

Practice skills to manage difficult conversations	Create joy and make peace in your day
Simplify your life by working to manage time and delegate	Find meaning in experiences whether good or challenging
Choose to join an organization that will help you feel connected	Understand your strengths academically and personally
Incorporate activities that challenge you in healthy ways	Practice daily meditation or prayer to support self-care
Develop intimacy with others	Evaluate your behavior at the end of the day and how you are doing