

Stress Assessment



Part 1: Talking About Stress

1. How often do you feel stressed?

☐

Often

☐

Sometimes

☐

Rarely

☐

Never

2. What kinds of things make you feel stressed?

3. How does it feel when you're stressed (physically, emotionally)?

4. What are some of the negative effects of stress in your life?

5. How do you deal with stress?

6. Does stress make it difficult to meet your health and wellness goals? How?

Part 2: Managing your Stress

7. List 2 problems in your life that cause you stress:

8. What ideas do you have to solve these problems?

9. What can you do to manage the stress you feel as a result of these problems?

Part 3: Stressful Situations

10. Think of a stressful issue you have had in the past or are having now.

If you are willing to share it with the group, we can work together to find a solution.