

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.

Peer leaders: If no one volunteers, use the following examples:

1. Problem: Your neighbor is always coming over to your house uninvited. This bothers you and stresses you out.

Possible solution: You nicely tell him/her that you prefer it when people do not come over uninvited or when he/she shows up, let them know that it is not a good time to drop by, and ask them to call you to see if you are free.

2. Problem: At the end of each month, you are always short of money.

Possible solutions: Over the course of the month, write down all the money that you spend. You may find out that you spend more than you thought on things you don't need. If so, try to cut where you can. Think of other ways that you can possibly reduce your spending. Make a budget, and stick to it.

3. Problem: Your spouse doesn't want to walk with you.

Possible solution: You politely tell your spouse that you would really like him/her to support your efforts to walk. You ask him/her to try a walk. Or, find a friend to go on a walk with you.

4. Problem: Your friends often want you to eat out with them at fast food restaurants and you have trouble saying no.

Possible solution: Remind yourself that it is okay not to go to lunch with your friends all the time. Try finding another restaurant to suggest that you all try together.