

STRESS MANAGEMENT ASSESSMENT

Think about your daily habits and indicate how often the following questions apply to you:
Introduction

	Always	Sometimes	Never
1. Do you plan ahead for tests, papers, and other school projects and have a specified time to work on them instead of leaving them to the last minute?	_____	_____	_____
2. Do you say “no” when you need to (i.e. when someone puts a demand on you that is not a priority to you and you do not have time to do it)?	_____	_____	_____
3. Do you set up reasonable and attainable goals when you have a large project to complete?	_____	_____	_____
4. Do you have a reward system set up for yourself to motivate you to complete difficult or stressful tasks?	_____	_____	_____
5. Do you follow through with your reward system after you finish a particularly difficult or stressful task?	_____	_____	_____
6. How often do you currently exercise?	_____	_____	_____
7. Do you eat healthy meals regularly?	_____	_____	_____
8. Do you give yourself breaks in between study sessions (i.e. 5-10 minutes for every hour)?	_____	_____	_____
9. Do you give yourself some time each night to plan and organize for the next day?	_____	_____	_____
10. Do you take time for active relaxation?*	_____	_____	_____
11. When relaxing, are you able to concentrate on other thoughts besides school and work that needs to be completed?	_____	_____	_____
12. Do you get 6 to 8 hours of sleep each night?	_____	_____	_____

This self-assessment is designed to help you assess your current stress management strategies and identify areas for improvement. Think about your daily habits and for each question select the answer that best applies to you.

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