STRESS MANAGEMENT ASSESSMENT

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

		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?			

Introduction

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.



STRESS MANAGEMENT ASSESSMENT

Continued on the next page \rightarrow

Now starting from the left of this scale, shade 1 box for each "Always", 2 boxes for each "Sometimes", and 3 boxes for each "Never".

Low Stress								Moderate Stress							High Stress														

If you scored within the "low stress range": It sounds like you are on your way to a successful semester! Review areas in which you answered "no" and try to integrate these into your study strategies.

If you scored within the "moderate stress" range: Check out the handouts provided on our website about stress management strategies or a workshop on stress management.

If you scored within the "high stress" range: You might benefit from making an appointment with a Learning Specialist to discuss this topic or talking with someone at Counseling and Psychological Services (CAPS) at Campus Health:

*See the handout 'Simple Habits to Reduce Stress and Anxiety' for more information.

