

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? | _____ | _____ | _____ |

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