

Stress Management Assessment

This instrument is designed to help you discover your level of competency in stress management. Please respond to each statement by writing a number from the rating scale provided.

Rating Scale

1=Strongly disagree

2=Disagree

3=Slightly disagree

4=Slightly agree

5=Agree

6=Strongly agree

When faced with stressful or time-pressured situations:

___1. I use effective time-management methods such as keeping track of my time, making to do lists, and prioritizing tasks.

___2. I maintain a program of regular exercise for fitness.

___3. I maintain an open, trusting relationship with someone with whom I can share my frustrations.

___4. I know and practice several temporary relaxation techniques such as deep breathing and muscle relaxation.

___5. I frequently affirm my priorities so that less important things don't drive out more important things.

___6. I maintain balance in my life by pursuing a variety of interests outside of work.

___7. I have a close relationship with someone who serves as my mentor or advisor.

___8. I effectively utilize others in accomplishing work assignments.

___9. I encourage others to generate recommended solutions, not just questions, when they come to me with problems or issues.

___10. I strive to redefine problems as opportunities for improvement

Stress Management Assessment Scoring Guide

Skill Area	Items
Eliminating stressors	1, 5, 8, 9
Developing resiliency	2, 3, 5, 7
Short-term coping	4, 10

Rating of "4" or higher are in the positive range for stress management.