

Stress Coping Skills Self-Assessment

Gage How Well You Manage Stress

There are both positive and negative ways to deal with stress.

Take the test below and mark your answers in both the Positive and Negative Ways To Deal With Stress charts.

POSITIVE WAYS TO DEAL WITH STRESS

	OFTEN	SELDOM	NEVER
Exercise			
Read			
Meditate			
Spend time in nature			
Write or journal			
Engage in a hobby			
Go for a scenic drive			
Deep breathing exercises			
Talk to a friend			
Do yoga			
Do chores around the house			
Take time off work			
Cook			
Go out with friends			
Take a nap			
Play with my pet			
Listen to music			
Watch a movie			
Prioritize/Improve my time management			
Do Progressive Muscle Relaxation			
Eat a well-balanced diet			
Detract from the stressful situation (time-out, walk away, distract myself)			
Do something fun			
Seek laughter			
Pray			
Take a scenic drive			
Stretch my whole body			
Sit in silence			
Take a hot bath			
Aromatherapy			
Get a massage			
Go to a spa			
Play sports			
Take a break			
Declutter my desk			

Use a stress ball			
Have sex			
Drink herbal tea			
Do a de-stress visualization			
Get a hug			
Walk on the beach			
Hike			
Use positive self-talk and positive thinking			
Other			
TOTALS			

NEGATIVE WAYS TO DEAL WITH STRESS

	OFTEN	SELDOM	NEVER
Ignore stress and hopes it goes away			
Get angry			
Yell at others			
Become violent or aggressive			
Buy things I can't afford			
Drink too much alcohol			
Drive my car too fast			
Curse aloud			
Beat the steering wheel			
Cry excessively			
Take drugs			
Smoke cigarettes			
Eat junk food			
Drink too much coffee			
Stay up all night worrying			
Starvation			
Nail biting			
Not asking for help			
Become irritable, and frustrated			
Refuse to address the stress			
Sleep too much			
Self-criticize			
Isolate			
Stew in negativity and anger			
Multi-task more to get everything done			
Take on commitments or responsibilities when you are already overloaded			
Blame myself for not being able to "handle it"			
Tell myself to stop being a wuss and get over it			
Other			
TOTALS			

Scoring Instructions

Count the total number of positive and negative ways you cope with stress

Number of positive ways: _____

Number of negative ways: _____

Do you use more of the positive ways or more of the negative ways?

How often do you use negative ways to deal with stress?

Always: _____

Sometimes: _____

More often than I should _____

Do you see a pattern that requires you to make changes in how you manage stress?

Which negative ways are the most important to

change? _____

How can you use more positive ways to cope with stress?

How can you minimize your use of the negative ways to deal with stress?
