



How Well Can I Cope With Stress?

WHAT DO I KNOW ABOUT STRESS?

(Circle TRUE or FALSE for the following Statements)

- | | | | |
|---|--|------|-------|
| 1 | Stress is always bad for your health | TRUE | FALSE |
| 2 | Too little stress can be as bad for you as too much stress | TRUE | FALSE |
| 3 | Some stress is essential to each of us | TRUE | FALSE |
| 4 | Some people can cope with more stress than others | TRUE | FALSE |
| 5 | We can train ourselves to cope with more stress | TRUE | FALSE |

HOW FIT AM I?

(Circle YES or NO for the following Statements about you)

- | | | | |
|---|--|-----|----|
| 1 | I always climb stairs rather than travel in lifts | YES | NO |
| 2 | I'm on my feet for 2-3 hours each day | YES | NO |
| 3 | I lift something heavy at least once a day | YES | NO |
| 4 | I ride a bike regularly | YES | NO |
| 5 | I run at least one mile a week | YES | NO |
| 6 | I run at least one mile three times a week | YES | NO |
| 7 | I play a strenuous sport at least once a week | YES | NO |
| 8 | I do regular exercise | YES | NO |
| 9 | I do something strenuous each day (eg gardening, walking, ironing, cleaning) | YES | NO |

HOW MANY HEALTHY LIVING HABITS DO I HAVE?

(Circle YES or NO for the following Statements)

- | | | | |
|---|--|-----|----|
| 1 | I do not smoke | YES | NO |
| 2 | I do not drink or rarely more than an occasional drink | YES | NO |
| 3 | I get 7-8 hours sleep a night | YES | NO |
| 4 | I eat regular meals and no snacks | YES | NO |
| 5 | I eat a regular, balanced breakfast | YES | NO |
| 6 | I get regular exercise | YES | NO |
| 7 | My body weight is right for my size | YES | NO |

HOW WELL DO I MANAGE MY TIME?

(Circle TRUE or FALSE next to the Statements that are most nearly true or false for you)

- | | | | |
|---|---|------|-------|
| 1 | I never seem to have enough time for things | TRUE | FALSE |
| 2 | I rarely get things done on time | TRUE | FALSE |
| 3 | I can always find time for myself | TRUE | FALSE |

- 4 I always know why I am doing what I am doing TRUE FALSE
- 5 I keep lists of things I need to do TRUE FALSE

HOW ASSERTIVE AM I?

(Circle TRUE or FALSE next to the Statements that are most nearly true or false for you)

- 1 I enjoy receiving compliments TRUE FALSE
- 2 I have difficulty in asking for help or favours TRUE FALSE
- 3 I can start conversations with people I don't know TRUE FALSE
- 4 I find it easy to say "thank you" to someone who has been helpful TRUE FALSE
- 5 I have difficulty in telling people that I like them TRUE FALSE
- 6 I can give compliments without embarrassment TRUE FALSE
- 7 I never show it when I feel hurt TRUE FALSE
- 8 When I'm annoyed I will say so TRUE FALSE
- 9 I can't say "no" to people when I have to TRUE FALSE
- 10 I'm always prepared to give my opinion TRUE FALSE
- 11 I'm not good a making complaints TRUE FALSE

HOW MUCH HELP DO I HAVE FROM PEOPLE?

If you can think of at least one person who can or does help you at Marley and out of Marley put a tick in the appropriate box

	At Marley	Out of Marley
1 Someone I can rely on in a crisis		
2 Someone who makes me feel good about myself		
3 Someone I can be totally myself with		
4 Someone who will tell me how well or how badly I am doing		
5 Someone I can talk to if I am worried		
6 Someone who really makes me stop and think hard about what I am doing		
7 Someone who is lively to be with		
8 Someone who introduces me to new ideas, new interests, new people		

HOW EASY DO I FIND IT TO SET GOALS AND ACHIEVE THEM?

(Circle TRUE or FALSE next to the Statements that are most nearly true or false for you)

- 1 I often don't know why I am doing what I am doing TRUE FALSE
- 2 I know what is important to me TRUE FALSE
- 3 My plans often do not work out TRUE FALSE
- 4 I get good ideas but somehow nothing happens with them TRUE FALSE
- 5 I believe if something is going to happen I must make it happen myself TRUE FALSE

HOW GOOD AM I AT MAKING DECISIONS?

(Circle TRUE or FALSE next to the Statements that are most nearly true or false for you)

- 1 I always have difficulty in making up my mind TRUE FALSE
- 2 I am good at thinking of alternatives in any situation TRUE FALSE
- 3 If I have an important decisions to make I always weigh up the advantages and disadvantages of each choice TRUE FALSE
- 4 If I make a decision and it doesn't turn out to be a good one, it is my responsibility TRUE FALSE
- 5 There are some times when it is better to delay making a decision TRUE FALSE

HOW WELL DO I RELAX?

Can you list five things you do that will always help you to relax?

Tick in the box provided, any of the following that you know how to do.

Meditation

Yoga

Muscle relaxation

Breathing exercises

Massage

DO I KNOW HOW TO GIVE MYSELF TREATS WHEN THINGS ARE TOUGH?

List ten things you can do that will really be a special treat for you, to help take your mind off your problems.

DO I TALK SENSIBLY TO MYSELF?

Put a tick in the box alongside each statement IF and only IF you agree with it

- 1 I must be loved or at least liked by everyone
- 2 I must be perfect in all that I try to do
- 3 When things do not go the way I want them to go I get very angry or very depressed
- 4 I can have little control over what happens to me
- 5 It is easier to avoid difficulties than to face them
- 6 I can't change how I am
- 7 People are fragile and we should keep our thoughts to ourselves in order not to hurt them
- 8 Anger is always bad and destructive and should be sat upon
- 9 We should always try to please others without considering our own needs
- 10 We can only be happy with other people

Scoring The Questionnaire

WHAT DO I KNOW ABOUT STRESS?

You should have the following answers

- 1 FALSE
- 2 TRUE
- 3 TRUE
- 4 TRUE
- 5 TRUE

4 - 5 correct = **HIGH**

0 - 2 correct = **LOW**

3 correct = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW FIT AM I?

IF you have

7 - 9 Yes's = **HIGH**

0 - 4 Yes's = **LOW**

5 - 6 Yes's = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW MANY HEALTHY LIVING HABITS DO I HAVE?

IF you have

6 - 7 Yes's = **HIGH**

0 - 3 Yes's = **LOW**

4 - 5 Yes's = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW WELL DO I MANAGE MY TIME?

You should have the following answers

- 1 FALSE
- 2 FALSE
- 3 TRUE
- 4 TRUE
- 5 TRUE

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4 - 5 correct = **HIGH**
0 - 2 correct = **LOW**

3 correct = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW ASSERTIVE AM I?

You should have the following answers

- 1 TRUE
- 2 FALSE
- 3 TRUE
- 4 TRUE
- 5 FALSE
- 6 TRUE
- 7 FALSE
- 8 TRUE
- 9 FALSE
- 10 TRUE
- 11 TRUE

9 - 11 correct = **HIGH**
0 - 4 correct = **LOW**

5 - 8 correct = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW MUCH HELP DO I HAVE FROM PEOPLE?

Out of a total of 16 possible ticks:

14 - 16 = **HIGH**
0 - 6 = **LOW**

7 - 13 = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

HOW EASY DO I FIND IT TO SET GOALS AND ACHIEVE THEM?

You should have the following answers

- 1 FALSE
- 2 TRUE
- 3 FALSE
- 4 FALSE
- 5 TRUE

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4 - 5 correct = **HIGH**
0 - 2 correct = **LOW**

3 correct = **MODERATE**

HOW GOOD AM I AT MAKING DECISIONS?

You should have the following answers

- 1 FALSE
- 2 TRUE
- 3 TRUE
- 4 TRUE
- 5 TRUE

4 - 5 correct = **HIGH**
0 - 2 correct = **LOW**

3 correct = **MODERATE**

HOW WELL DO I RELAX?

A list of 5 or 4 techniques = **HIGH**
a list of 3 techniques = **MODERATE**

Anything less = **LOW**

DO I KNOW HOW TO GIVE MYSELF TREATS WHEN THINGS ARE TOUGH?

10 = **HIGH**
Anything less = **LOW**

DO I TALK SENSIBLY TO MYSELF?

0 - 2 = **HIGH**
6 - 9 = **LOW**

3 - 5 = **MODERATE**

Write
in this
square
HIGH,
LOW
or
MOD

Write
in this
square
HIGH,
LOW
or
MOD

Write
in this
square
HIGH,
LOW
or
MOD

Write
in this
square
HIGH
or
LOW

Write
in this
square
HIGH,
LOW
or
MOD

Out of the 11 ways of coping with stress, count up how many **HIGHS**, **LOWS** and **MODERATES** you have.

<input type="checkbox"/>	HIGHS
<input type="checkbox"/>	LOWS
<input type="checkbox"/>	MODERATES

Give **10 points** for each **HIGH**
Give **5 points** for each **MODERATE**
Give **0 points** for each **LOW**

Scores from **80 to 110** = You are quite skilled in the techniques for preventing/managing stress
Scores from **55 to 75** = You have some good coping skills, but there is room for improvement.
Scores from **0 - 50** = Your stress coping skills are low, and you would benefit from working to become better equipped.

It may help to talk to your doctor, or EASA your Employee Assistance Provider who can help you find ways to deal with stress in your life.