

# 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 at 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		
2		
3		
4		
5		
6		
7		
8		

**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

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

4 - 5 correct = **HIGH**

0 - 2 correct = **LOW**

3 correct = **MODERATE**

Write  
in this  
square  
HIGH,  
LOW  
or  
MOD

**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**

Write  
in this  
square  
HIGH,  
LOW  
or  
MOD

**How well do I relax?**

A list of 5 or 4 techniques = **HIGH**

a list of 3 techniques = **MODERATE**

Anything less = **LOW**

Write  
in this  
square  
HIGH,  
LOW  
or  
MOD

**Do I know how to give myself treats when things are tough?**

10 = **HIGH**

Anything less = **LOW**

Write  
in this  
square  
**HIGH**  
or  
**LOW**

**Do I talk sensibly to myself?**

0 - 2 = **HIGH**

6 - 9 = **LOW**

3 - 5 = **MODERATE**

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

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.