

WORKSHEET

JUST HOW STRESSED ARE YOU?

For each question write "M" for most of the time," "A" for almost never" or "S" for "sometimes."

- ___ 1. Are you able to keep a positive attitude and not get upset over little or trivial things?
- ___ 2. Are you able to talk yourself out of feeling stressed?
- ___ 3. Do you use any relaxation techniques when you feel stressed?
- ___ 4. Do you get at least 20 minutes of exercise (or other physical activities) a day?
- ___ 5. Do you set aside part of each day for spending quality time with friends and family?
- ___ 6. Is it difficult to express yourself or communicate effectively when conflicts arise?
- ___ 7. Do you lose sleep at night worrying about school, family, or your future?
- ___ 8. Do you feel like you don't ever have enough time to relax?
- ___ 9. Do you skip meals or lose sleep because you feel like you have too much to do and not enough time to do it?
- ___ 10. Do you think about what to say next while others are speaking to you?

Bonus Questions:

#1 List 3 things that cause you stress in your life:

- 1. _____
- 2. _____
- 3. _____

#2 List three ways you feel or ways you react when you experience stress:

- 1. _____

- 2. _____

- 3. _____
