



3. My common response to a high level of stress is to emotionally or physically shut down. \_\_\_\_\_
4. I know that I need to make some major changes to reduce my overall stress, however, I have not yet done so. \_\_\_\_\_
5. I am sure that other people are much better at coping with difficult situations than I am. \_\_\_\_\_
6. I often find myself dropping one of the many balls that I try to juggle. \_\_\_\_\_
7. In the past month at least one person has told me that I need to learn how to relax. \_\_\_\_\_
8. When I become overwhelmed with responsibilities, I tend to stop doing things for myself. For instance, I stop exercising, preparing healthy meals, or spending time with friends. \_\_\_\_\_
9. I often find myself daydreaming, procrastinating, or doing a mindless activity when I need to take care of something, such as paying a bill. \_\_\_\_\_
10. I frequently overeat or eat unhealthy foods such as fast food when I am feeling stressed out. \_\_\_\_\_
11. I commonly have thoughts like, "maybe I'm just not capable of dealing with so much." \_\_\_\_\_
12. When I feel weighed down, I have a tendency to take it out on others by acting irritable, annoyed, or impatient. \_\_\_\_\_
13. When feeling a high degree of stress, I find that I drink more than two drinks with caffeine or alcohol per day to either perk me up or make me feel more relaxed. \_\_\_\_\_
14. It is typical for me to avoid dealing with important activities if they make me feel uncomfortable, nervous, or frustrated. \_\_\_\_\_
15. I do not rely on any supportive people because I am afraid that they will not understand what I'm going through or that they are so busy with their own lives that they will not want to hear what I'm going through. \_\_\_\_\_
16. When I become stressed, I get a short fuse. I either yell at people when I'm driving, am short with salespeople, or argue with \_\_\_\_\_

colleagues at work.

17. I know that I need to relax, and sometimes I try to, but I find that I do not know how to unwind. \_\_\_\_\_
18. It seems that my problem-solving skills are not so good. \_\_\_\_\_
19. Others have told me that I engage in poor coping behaviors that do not really help me to cope. \_\_\_\_\_
20. On a typical day, I have several thoughts such as “I do not even have an idea where to start with all the things I need to do.” \_\_\_\_\_
21. I do *not* have a number of ideas of activities which are soothing, enjoyable, or sociable for me. \_\_\_\_\_
22. Some people close to me have recently told me that I am not my usual self. \_\_\_\_\_
23. I start to have physical problems when I feel stressed, such as headaches, stomachaches, or muscle tension that I am not able to relieve. \_\_\_\_\_
24. I am not good at prioritizing tasks and I often feel like I need to do everything right away. \_\_\_\_\_
25. When I feel stressed, I tell myself that I should get more sleep, but am often not able to. \_\_\_\_\_
26. I avoid talking with people about all that I need to do because I am so behind that I think it would be pointless to get into it. \_\_\_\_\_
27. My coworkers or friends have said that I lose focus under pressure and do not pay attention well when deadlines are looming. \_\_\_\_\_
28. When there is too much to do, I let things pile up. The laundry piles up, papers on my desk stack up, or phone calls to return collect on my desk. \_\_\_\_\_
29. I am sure that I am not someone who handles life’s many pressures as well as other people do. \_\_\_\_\_
30. Many times I think I am coping well with a stressful life, only to have something happen that shows me I cannot manage the stress. \_\_\_\_\_

## **Score Interpretations**

### **Total Score 113-150**

This score indicates a high likelihood that you have significant anxiety and stress in your life and that your coping skills are less than optimal. You may know that you are “stressed,” in fact, you may often talk about it openly. The problem is not in the recognition of the stress, but in the ways in which you are coping with it. You may be not relying on or over-relying on your support systems such as friends and family. You may handle your stress by engaging in nonproductive or destructive activities such as overeating, drinking, or not sleeping or exercising. You are likely to have many problems associated with stress, including health or physical problems and relationship difficulties. It would be a very good idea to get assistance in building your stress management skills and not allowing stress to override your life.

### **Total Score 75-112**

Your score indicates that you may feel pretty overwhelmed and stressed. It is likely that you have some productive and useful stress management coping skills, but also some less beneficial ways of handling the stress in your life. It is likely that you could be more organized, more relaxed, and lead a more balanced life if you knew more about how to do so. You are probably someone who worries a fair amount and feels out of control sometimes. You may procrastinate and let things pile up when you are under stress. The support people in your life are either not as supportive as you need, burned out, or not being used as they could be. You are someone who is likely to significantly benefit from coaching or other strategies to help you manage stress.

### **Total Score 38-74**

This score indicates that you may be experiencing some stress. Since some level of stress is normal and healthy in life, you might be as stressed as most people. The assessment results show that you probably have several good mechanisms in place to help you cope with your stress. You may have difficulty at times, and might like to improve your stress management and quality of life. Overall, however, you seem to be

doing quite well with coping with daily life stressors. You probably have some good activities to help you reduce stress and friends or family to spend time with to help you relax.

**Total Score 0-37**

You are either someone who is not very stressed or someone who handles their stress extremely well. The assessment results indicate that you are likely to engage in healthy coping mechanisms to help you manage day to day stress or anxiety. You may have an easy-going personality or an attitude of acceptance regarding the things in life that you cannot control. You probably have some great stress management skills and activities, such as relaxation techniques, exercise, or enjoyable hobbies.

**Disclaimer:** This assessment is not intended to provide a psychological or psychiatric diagnosis and your completion of the test does not indicate a professional counseling or coaching relationship with the creators or administrators of the test.

**Assessment Developed by:**

Milana Leshinsky, [www.AssessmentGenerator.com](http://www.AssessmentGenerator.com)

Larina Kase, Psy.D., M.B.A., [www.PAScoaching.com](http://www.PAScoaching.com) 215-370-1806

Take the test on-line at [www.WholeBodyFitnessColorado.com](http://www.WholeBodyFitnessColorado.com) or

Contact Peggy Green 303-345-1501 for further information.