

INDIVIDUAL STRESS AUDIT

STRESSWORX

How do you cope with stress?

Circle TRUE or FALSE the following statements:

1. Stress is always bad for your health.	TRUE	FALSE
2. Too little stress can be as bad as too much.	TRUE	FALSE
3. We all need some stress.	TRUE	FALSE
4. Some people can cope with more stress.	TRUE	FALSE
5. We can train ourselves to cope with more stress.	TRUE	FALSE
6. I never seem to have enough time.	TRUE	FALSE
7. I rarely get things done on time.	TRUE	FALSE
8. I can always find time for myself.	TRUE	FALSE
9. I keep lists of things I need to do.	TRUE	FALSE
10. I enjoy receiving compliments.	TRUE	FALSE
11. I have difficulty asking for help.	TRUE	FALSE
12. I can start conversations with strangers.	TRUE	FALSE
13. I find saying 'thank you' easy.	TRUE	FALSE
14. I have difficulty telling people I like them.	TRUE	FALSE
15. I can give compliments without embarrassment.	TRUE	FALSE
16. I never show it when I feel hurt.	TRUE	FALSE
17. When I'm angry I say so.	TRUE	FALSE
18. I can't say no.	TRUE	FALSE
19. I'm always prepared to give an opinion.	TRUE	FALSE
20. I'm not good at making complaints.	TRUE	FALSE
21. I know what is important to me.	TRUE	FALSE
22. My plans often do not work out.	TRUE	FALSE
23. I get good ideas that go nowhere.	TRUE	FALSE
24. I feel its up to me to make things happen.	TRUE	FALSE
25. I have difficulty in making up my mind.	TRUE	FALSE
26. I am good at thinking of alternative solutions.	TRUE	FALSE
27. I weigh advantages/disadvantages of choices.	TRUE	FALSE
28. I take responsibility for outcomes of my choices.	TRUE	FALSE
29. Sometimes it's better to delay making decisions.	TRUE	FALSE
30. I must be liked by everyone.	TRUE	FALSE

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31. I must be perfect in all that I do.	TRUE	FALSE
32. When things go wrong I get angry or depressed.	TRUE	FALSE
33. I have little control over what happens to me.	TRUE	FALSE
34. Its easier to avoid difficulties than to face them.	TRUE	FALSE
35. I can't change how I am.	TRUE	FALSE
36. People are fragile and we should not hurt them.	TRUE	FALSE
37. Anger is always bad and destructive.	TRUE	FALSE
38. We should always try to please others first.	TRUE	FALSE
39. We can only be happy with other people.	TRUE	FALSE

Circle YES or NO to the following statements:

40. I always use the stairs instead of a lift.	YES	NO
41. I'm on my feet for 2-3 hours each day.	YES	NO
42. I lift something heavy at least once a day.	YES	NO
43. I ride a bike regularly.	YES	NO
44. I run at least one mile a week.	YES	NO
45. I run at least one mile three times a week.	YES	NO
46. I play a strenuous sport at least once a week.	YES	NO
47. I do regular exercises.	YES	NO
48. I do something strenuous each day.	YES	NO
49. I do not smoke.	YES	NO
50. I hardly ever drink or don't drink at all.	YES	NO
51. I get seven or eight hours sleep a night.	YES	NO
52. I eat regular meals and no snacks.	YES	NO
53. I eat a regular healthy breakfast.	YES	NO
54. I get regular exercise.	YES	NO
55. My body weight is right for my size.	YES	NO

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List ten things you can do which you enjoy and would help take your mind off your problems:

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