

Stress Management Assessment

This instrument is designed to help you discover your level of competency in stress management so you can tailor your learning to your specific needs. Please respond to each statement by writing a number from the rating scale provided.

Rating Scale

- 1 Strongly disagree
- 2 Disagree
- 3 Slightly disagree
- 4 Slightly agree
- 5 Agree
- 6 Strongly agree

When faced with stressful or time-pressured situations:

- ___ 1. I use effective time-management methods such as keeping track of my time, making to do lists, and prioritizing tasks.
- ___ 2. I maintain a program of regular exercise for fitness.
- ___ 3. I maintain an open, trusting relationship with someone with whom I can share my frustrations.
- ___ 4. I know and practice several temporary relaxation techniques such as deep breathing and muscle relaxation.
- ___ 5. I frequently affirm my priorities so that less important things don't drive out more important things.
- ___ 6. I maintain balance in my life by pursuing a variety of interests outside of work.
- ___ 7. I have a close relationship with someone who serves as my mentor or advisor.
- ___ 8. I effectively utilize others in accomplishing work assignments.
- ___ 9. I encourage others to generate recommended solutions, not just questions, when they come to me with problems or issues.
- ___ 10. I strive to redefine problems as opportunities for improvement.

Stress Management Assessment Scoring Guide

| Skill Area | Items |
|------------------------------|--------------|
| Eliminating stressors | 1, 5, 8, 9 |
| Developing resiliency | 2, 3, 6, 7 |
| Short-term coping | 4, 10 |

Ratings of “4” or higher are in the positive range for stress management.