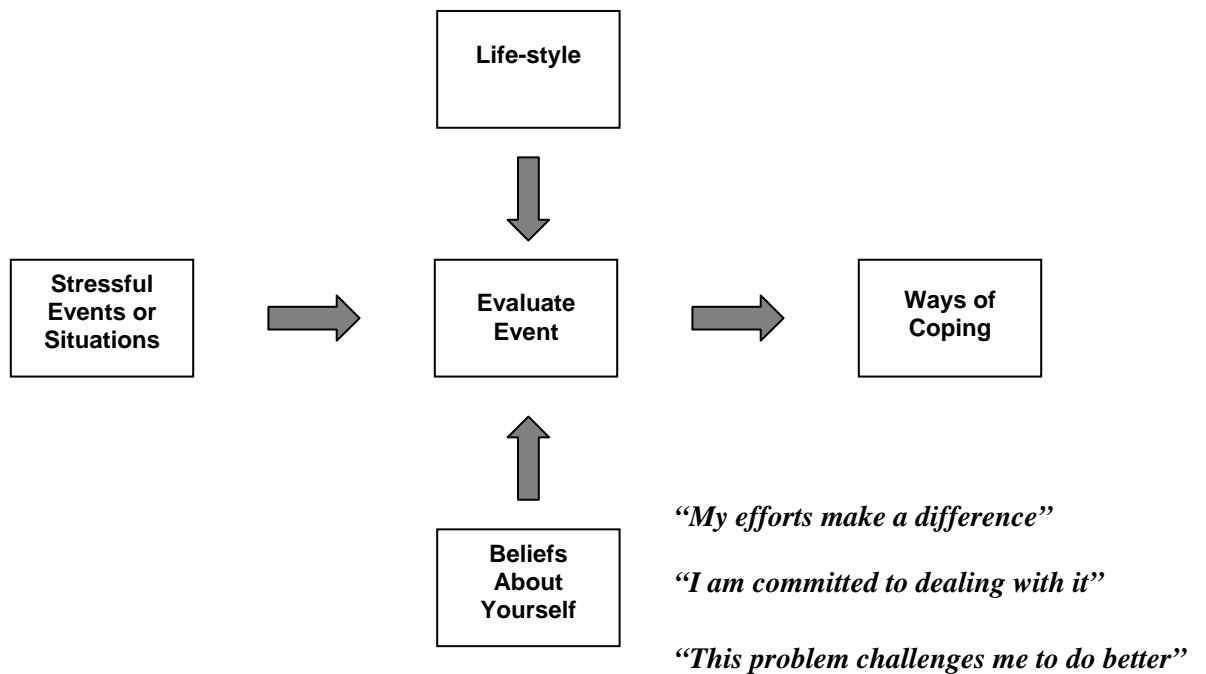

STRESS, PROBLEM SOLVING, AND YOU

A self-assessment booklet

This booklet contains some short questionnaires that may help you better understand how you react to and deal with stress in your life.



STRESS BUFFERING (STRENGTHS) SCALE

The following items ask about your life-style or your daily or typical habits regarding health. Please indicate how much each of the statements below is like you.

	<u>Very Unlike Me</u>	<u>Unlike Me</u>	<u>Like Me</u>	<u>Very Like Me</u>
1. I exercise regularly (at least three times a week)...	1	2	3	4
2. I eat nutritious, balanced meals (high in vegetables, fruits, grains, low in fat and cholesterol) ...	1	2	3	4
3. I maintain a proper weight for my height and age.	1	2	3	4
4. I sleep 7 to 8 hours nightly.....	1	2	3	4
5. I get the proper amount of rest and relaxation.	1	2	3	4
6. I <u>do not</u> smoke cigarettes or use tobacco.	1	2	3	4
7. I use alcohol in moderation, if at all.	1	2	3	4
8. I do not use drugs just to get high or feel good about myself.....	1	2	3	4
9. I give and receive affection with others.....	1	2	3	4
10. I practice some form of intentional relaxation (deep breathing, stretching, meditation, prayer) on a regular basis.	1	2	3	4
11. Spirituality or religious faith is an important part of my life.....	1	2	3	4
12. I know how to recognize when I am getting too stressed by a problem or situation.....	1	2	3	4
13. I have friends or family that I feel I can count on in times of need.	1	2	3	4

What do your scores mean?

Low = 13 - 21	Average = 22 - 39	High = 40 - 52
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This scale assesses personal habits and lifestyle conditions towards health and wellness.

High Score indicates that you are using strategies or have life conditions that will protect you from developing health problems if and when situations of stress or problems develop. These strategies and conditions also help prevent stress from developing.

Low score indicates that there is room for development in terms of developing a healthy life-style. If you scored low, please pay attention to any particular item that you rated a "1" or a "2." See if you can change something about the situation. If not, call on other strengths that you have (ratings of "3" or "4") and coping strategies (see next page).

This scale was adapted from Lyle H. Miller and Alma Dell Smith at the Boston University Medical Center. For more information about their work and a more thorough assessment visit their website (<http://www.stressdirections.com>)

STRESS COPING STYLES SCALE

Think about how you handle or cope with stressful events or ongoing problems that you encounter. Using the following scale, place the number to the right of each of the statements to indicate how much it is like you.

<u>Very Unlike Me</u> 1	<u>Unlike Me</u> 2	<u>Like Me</u> 3	<u>Very Like Me</u> 4		
		PS	SS	AV	HS
When encountering stress or problems, I					
1. try to solve the problem					
2. try to carefully plan a course of action rather than acting on impulse.....					
3. brainstorm all possible solutions before deciding what to do					
4. confide my fears and worries to a friend or relative.					
5. seek reassurance from those who know best.					
6. talk to people about the situation because talking about it helps me to feel better					
7. withdraw from the situation and/or avoid being with people in general.					
8. daydream about better times.					
9. watch more television or read more than usual.....					
10. tell myself that I don't have to let the problem overwhelm me and I look for ways to take control of it.					
11. try to look at the situation as a challenge and seek to meet it as something I can overcome					
12. set out to deal with the problem and generally persevere or persist until the problem goes away.					
		PS	SS	AV	HS
Totals					

What do your scores mean?

Low = 3 - 5

Average = 6 - 9

High = 10 -12

This scale assesses tendencies to use one of four types of coping styles:

PS = Problem Solving: looking at stress as a problem to be solved, requiring a plan and some goal.

SS = Social Support: dealing with stress by getting support from others, talking it out and expressing feelings

AV = Avoidance: dealing with stress by distracting oneself or isolating oneself from the problem

HS = Hardiness Statements: telling oneself that one can control the problem, is committed to dealing with it, and can see it as a challenge.