

STRESS

Self Scoring Quiz

Listed here are the 10 basic steps for dealing with stress. Please read the items below carefully. Remember, you have nothing to lose by being honest with yourself. Please answer the following questions with these responses:

Y=Yes

S=Sometimes

N=No

1. Do you get enough sleep at night? ____
2. Do you eat nutritiously balanced meals, avoiding junk food? ____
3. Do you partake in an exercise program throughout the week that involves strenuous activity? ____
4. Do you talk out your troubles and get professional help if needed? ____
5. Do you schedule time for recreation and fun? ____
6. Do you make it a point to not take on more than you can handle? ____
7. Do you practice relaxing? ____
8. Do you avoid using alcohol and/or drugs? ____
9. Do you plan for regular recreational activities that are fun? ____
10. Do you have a good laugh at least once a day? ____

If you answered, “N” for any of them, then you need to start focusing on those areas in your life. For example, if you answered, “N” for number 2, then you need to pay attention to the foods you eat. Your intake of food can affect how you feel.

After you have assessed the “N” answers, look at the “S” answers. This will identify the second area of concern in managing stress.

The “Y” answers reflect that you do that step well.

If you have any questions or concerns, call Mrs. Mabelle Bass, Director of Counseling Services, at (919) 658-7758. Counseling Services is located in the Pope Wellness Center. Please feel free to come by, at your leisure, to discuss your results. The office hours are from 7:00 a.m. to 4:00 p.m.