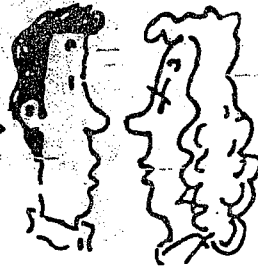


I SPENT ALL WEEK
STUDYING
FOR THIS EXAM.



ACTUALLY, YOU
SPENT SIX DAYS
WORRYING
AND ONE DAY
STUDYING.

How Well Do You Resist Stress?

To determine how likely you are to be affected by stress, answer the following questions. Beside each question, fill in the number corresponding to how much of the time each statement applies to you.

4: Always. 3: Almost always. 2: Most of the time. 1: Some of the time. 0: Never.

During most of my life I:

- | | Score |
|---|-------|
| 1. Eat at least two full, balanced meals a day. | _____ |
| 2. Get seven to eight hours' sleep. | _____ |
| 3. Give and receive affection regularly. | _____ |
| 4. Have at least one relative on whom I can rely. | _____ |
| 5. Exercise to the point of perspiration at least twice a week. | _____ |
| 6. Do not smoke, or smoke less than a half a pack of cigarettes a day. | _____ |
| 7. Do not drink alcohol or abuse drugs. | _____ |
| 8. Am at an appropriate weight for my height. | _____ |
| 9. Feel that my basic needs are being met. | _____ |
| 10. Get strength from my values and beliefs. | _____ |
| 11. Regularly attend club or social activities. | _____ |
| 12. Have a network of friends and acquaintances. | _____ |
| 13. Have one or more friends to talk about personal matters. | _____ |
| 14. Am in good physical health (including eyesight, hearing, and teeth). | _____ |
| 15. Am able to speak openly about my feelings when angry or worried. | _____ |
| 16. Have regular conversations with the people I live with about domestic issues (such as chores or money). | _____ |

- | | |
|---|-------|
| 17. Have some fun each day. | _____ |
| 18. Organize my time effectively. | _____ |
| 19. Drink two or fewer cups of caffeinated beverages (coffee, tea, or cola drinks) a day. | _____ |
| 20. Take quiet time for myself each day. | _____ |

During stressful times I:

- | | |
|--|-------|
| 21. Organize my responsibilities and meet the most important ones first. | _____ |
| 22. Refuse to take on too many responsibilities. | _____ |
| 23. Express my feelings at intervals. | _____ |
| 24. Use willed relaxation methods. | _____ |
| 25. Seek outside help as needed. | _____ |

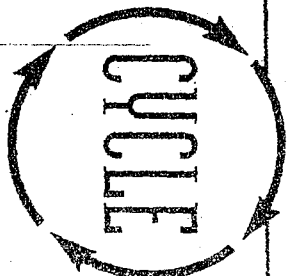
Total Score: _____

SCORING

- 81-100: Congratulations! Your defenses against daily stresses are strong.
- 61-80: You are well defended against stress, but you could still improve your defenses.
- 41-60: You are too vulnerable to stress. Try to improve.
- 0-40: You urgently need strategies for handling stress.

The

Stress



Break those negative coping habits by stopping and thinking.

Follow the path to a brighter future by using positive coping skills.

Identify your stresses!

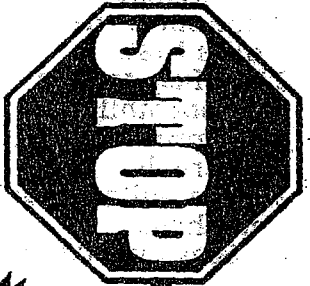
1.	
2.	
3.	
4.	

Identify your WARNING Signs!

1.	
2.	
3.	
4.	

STRESS

STRESS SYMPTOMS



BREAK

THE

NEGATIVE CYCLE BY LEARNING TO



PREPARE NEGATIVE COPING

- 1.
- 2.
- 3.

AND THINK!



FUTURE POSITIVE COPING

- 1.
- 2.
- 3.
- 4.