

## HOW WELL CAN I COPE WITH STRESS?

Circle your answer to the following questions.

### What do I know about stress?

- |   |      |       |
|---|------|-------|
| 1. Stress is always bad for your health                       | TRUE | FALSE |
| 2. Too little stress can be as bad for you as too much stress | TRUE | FALSE |
| 3. Some stress is essential to each of us                     | TRUE | FALSE |
| 4. Some people can cope with more stress than others          | TRUE | FALSE |
| 5. We can train ourselves to cope with more stress            | TRUE | FALSE |

### How fit am I?

- |  |     |    |
|--|-----|----|
| 1. I always climb stairs rather than travel in lifts                     | YES | NO |
| 2. I'm on my feet for 2-3 hours each day                                 | YES | NO |
| 3. I lift something heavy at least once a day                            | YES | NO |
| 4. I ride a bike regularly   | YES | NO |
| 5. I run at least one mile a week  | YES | NO |
| 6. I run at least one mile three times a week                            | YES | NO |
| 7. I play a strenuous sport at least once a week                         | YES | NO |
| 8. I do regular exercise   | YES | NO |
| 9. I do something strenuous each day, e.g., gardening, walking, cleaning | YES | NO |

### How many healthy living habits do I have?

- |   |     |    |
|---|-----|----|
| 1. I do not smoke   | YES | NO |
| 2. I do not drink (or rarely more than an occasional drink) | YES | NO |
| 3. I get 7-8 hours sleep a night                            | YES | NO |
| 4. I eat regular meals and no snacks                        | YES | NO |
| 5. I eat a regular, balanced breakfast                      | YES | NO |
| 6. I get regular exercise                                   | YES | NO |
| 7. My body weight is right for my size                      | YES | NO |

### How well do I manage my time?

- |   |      |       |
|---|------|-------|
| 1. I never seem to have enough time for things  | TRUE | FALSE |
| 2. I rarely get things done on time             | TRUE | FALSE |
| 3. I can always find time for myself            | TRUE | FALSE |
| 4. I always know why I am doing what I am doing | TRUE | FALSE |
| 5. I keep lists of things I need to do          | TRUE | FALSE |

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### How assertive am I?

- |  |      |       |
|--|------|-------|
| 1. I enjoy receiving compliments                                     | TRUE | FALSE |
| 2. I have difficulty in asking for help or favours                   | TRUE | FALSE |
| 3. I can start conversations with people I don't know                | TRUE | FALSE |
| 4. I find it easy to say "thank you" to someone who has been helpful | TRUE | FALSE |
| 5. I have difficulty in telling people that I like them              | TRUE | FALSE |
| 6. I can give compliments without embarrassment                      | TRUE | FALSE |
| 7. I never show it when I feel hurt                                  | TRUE | FALSE |
| 8. When I'm annoyed I will say so                                    | TRUE | FALSE |
| 9. I can't say "no" to people when I have to                         | TRUE | FALSE |
| 10. I'm always prepared to give my opinion                           | TRUE | FALSE |
| 11. I'm not good at making complaints                                | TRUE | FALSE |

### How much help do I have from people?

If you can think of at least one person who can or does help you at your workplace and outside of work, put a tick in the appropriate box.

- |  | At Work                  | Out of Work              |
|--|--------------------------|--------------------------|
| 1. Someone I can rely on in a crisis                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Someone who makes me feel good about myself                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Someone I can be totally myself with                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Someone who will tell me how well or how badly I am doing             | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Someone I can talk to if I am worried                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Someone who really makes me stop and think hard about what I am doing | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Someone who is lively to be with                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Someone who introduces me to new ideas, new interests, new people     | <input type="checkbox"/> | <input type="checkbox"/> |

### How easy do I find it to set goals and achieve them?

- |   |      |       |
|---|------|-------|
| 1. I often don't know why I am doing what I am doing                      | TRUE | FALSE |
| 2. I know what is important to me   | TRUE | FALSE |
| 3. My plans often do not work out   | TRUE | FALSE |
| 4. I get good ideas but somehow nothing happens with them                 | TRUE | FALSE |
| 5. I believe if something is going to happen I must make it happen myself | TRUE | FALSE |

### How good am I at making decisions?

(Circle TRUE or FALSE next to the statements that are most nearly true or false for you)

- |   |      |       |
|---|------|-------|
| 1. I always have difficulty in making up my mind          | TRUE | FALSE |
| 2. I am good at thinking of alternatives in any situation | TRUE | FALSE |

- |  |      |       |
|--|------|-------|
| 3. If I have an important decision to make I always weigh up the advantages and disadvantages of each choice | TRUE | FALSE |
| 4. If I make a decision and it doesn't turn out to be a good one, it is my responsibility                    | TRUE | FALSE |
| 5. There are some times when it is better to delay making a decision   | TRUE | FALSE |

**How well do I relax?**

Can you list five things you do that will always help you to relax? Tick in the box provided, any of the following that you know how to do.

- Meditation
- Yoga
- Muscle relaxation
- Breathing exercises
- Massage

**Do I know how to give myself treats when things are tough?**

List ten things you can do that will really be a special treat for you, to help take your mind off your problems.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

**Do I talk sensibly to myself?**

Put a tick in the box alongside each statement *if and only if* you agree with it.

1. I must be loved or at least liked by everyone
2. I must be perfect in all that I try to do
3. When things do not go the way I want them to go I get very angry or very depressed

4. I can have little control over what happens to me
5. It is easier to avoid difficulties than to face them
6. I can't change how I am
7. People are fragile and we should keep our thoughts to ourselves in order not to hurt them
8. Anger is always bad and destructive and should be sat upon
9. We should always try to please others without considering our own needs
10. We can only be happy with other people

- 
- 
- 
- 
- 
- 
- 

### SCORING THE QUESTIONNAIRE

Check your score, then write 'HIGH', 'MOD' or 'LOW' in the square

#### What do I know about stress?

You should have the following answers

1. FALSE
2. TRUE
3. TRUE
4. TRUE
5. TRUE

0 – 2 correct = LOW      3 correct = MODERATE (MOD)      4 - 5 correct = HIGH

#### How fit am I?

- 0 - 4 yes's = LOW  
5 - 6 yes's = MOD  
7 - 9 yes's = HIGH

#### How many healthy living habits do I have?

- 0 - 3 yes's = LOW  
4 - 5 yes's = MOD  
6 - 7 yes's = HIGH

#### How well do I manage my time?

You should have the following answers

1. FALSE
2. FALSE
3. TRUE
4. TRUE
5. TRUE

0 - 2 correct = LOW      3 correct = MOD      4 - 5 correct = HIGH

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**How assertive am I?**

You should have the following answers:

- |          |          |
|----------|----------|
| 1. TRUE  | 7. FALSE |
| 2. FALSE | 8. TRUE  |
| 3. TRUE  | 9. FALSE |
| 4. TRUE  | 10. TRUE |
| 5. FALSE | 11. TRUE |
| 6. TRUE  |          |

0 - 4 correct = LOW      5 - 8 correct = MOD      9 - 11 correct = HIGH

**How much help do I have from people?**

Out of a total of 16 possible ticks:

0 - 6 = LOW      7 - 13 = MOD      14 - 16 = HIGH

**How easy do I find it to set goals and achieve them?**

You should have the following answers:

1. FALSE
2. TRUE
3. FALSE
4. FALSE
5. TRUE

0 - 2 correct = LOW      3 correct = MOD      4 - 5 correct = HIGH

**How good am I at making decisions?**

You should have the following answers:

1. FALSE
2. TRUE
3. TRUE
4. TRUE
5. TRUE

0 - 2 correct = LOW      3 correct = MOD      4 - 5 correct = HIGH

**How well do I relax?**

A list of 4 or 5 techniques = HIGH  
A list of 3 techniques = MODERATE  
Anything less = LOW

**Do I know how to give myself treats when things are tough?**

10 = HIGH

Anything less = LOW

**Do I talk sensibly to myself?**

0 - 2 = HIGH

3-5 = MOD

6-9 = HIGH

**Count how many HIGHS, LOWS and MODERATES you have.**

Give **10 points** for each **HIGH**

**5 points** for each **MODERATE**

**0 points** for each **LOW**

**Scores from 80 to 110**

**Scores from 55 to 75**

**Scores from 0 - 50**

You are quite skilled in the techniques for preventing/managing stress.

You have some good coping skills, but there is room for improvement.

Your stress coping skills are low, and you would benefit from working to become better equipped.

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