

CHANGES in our life are...

...a natural part of human experience

...potentially positive

...possibly negative

...always create **STRESS**

Assess your stress level by checking off the changes you have experienced during the past year.

marriage/reconciliation

change in eating habits

separation/divorce

change in sleeping pattern

death of a loved one

personal injury or illness

personal achievement

gaining a new family member

problems at work

move to a new residence

job promotion

threat of job loss

serious financial problems

new mortgage/refinance

changed health/behavior of family member

sexual difficulties

legal difficulties (arrests, jail time)

retirement

Score (number of items you checked): _____.

Rate your level of stress: 1 2 3 4 5 6 7 8 9 10
(low stress) (high stress)

Since no one is able to completely avoid or eliminate all stress from one's life, we all must learn ways to cope with the effects of stress in a healthy manner. Assess your use of good methods of stress management.

regular exercise

share feelings with partner/friend

realistic goals

balanced diet

time for recreation/relaxation

private, quiet time

plenty of rest

moderate use of alcohol

know your limits