

Assess Your Stress Questionnaire

How resilient is your body to stress? How well can your body encounter stress and recover so that you stay in a state of good health? This questionnaire covers 4 main areas of your life that are important in maintaining stress resilience. Read the statements and choose the response that most closely match how frequently you feel or think like this in your daily life. Check your score at the end and see how you measure up.

Scale:

Never (1) This statement is not a part of my life experience at all.

Rarely (2) This is familiar to me, but when I try it, it seems ineffective.

Sometimes (3) I try to live this way, but when things are tough it's hard to maintain

All the Time (4) I intentionally live this way all the time, I feel totally confident.

	Never (1)	Rarely (2)	Sometimes (3)	All the Time (4)
Mental Coping & Mindset Section (17)	---	-----	-----	-----
When something stressful happens, I am aware that I'm feeling stressed and I try to breathe deeply and manage the stressful feelings.				
If I pause and focus, I can activate or create my own positive feelings				
I feel hopeful about my future				
Being flexible and adaptable is an important quality to me.				
I try to be positive about the outcome of anything I'm engaged in				
I generally feel happy with who I am as a person				
I try to accept all situations as opportunities for personal growth				
I believe that I matter as an individual				
I don't need many lists or detailed plans, I'll figure it out as I go.				
When small details don't work out, I'm not easily bothered by it				

	Never (1)	Rarely (2)	Sometimes (3)	All the Time (4)
If things don't go as planned, I'll adapt				
I feel like life is on my side				
When I have a setback, I tend to think "surely I'll recover"				
I decide what happens to me				
I feel I have the ability to heal myself				
I interpret the intention of others to be positive				
If I don't know how to accomplish something, I feel it will be easy to learn				
When I take action on something, I feel that I will likely be successful				
Emotional Connectedness Section (17)	---	----	----	----
I feel cared for by others in my life				
I feel grateful for my life situation				
I feel I make an important difference in the lives of others				
I am open to learning and being coached to help myself				
I feel empowered to make the changes I want to make				
A spiritual practice is important to me				
I have a community of like minded people to share my spiritual practice or values				
I feel a deep appreciation for the care that I receive from those around me				
I approach situations expecting a positive outcome				
I feel warm, loving connection to people in my life				

	Never (1)	Rarely (2)	Sometimes (3)	All the Time (4)
I have a passion for what I'm working on				
I feel I am moving toward my potential				
I feel that my life has purpose				
I can soothe myself when I am overwhelmed without outside aids (media, food, substances)				
I ask for help when I need it				
I feel at ease and don't take my stress out on those close to me				
When I feel overwhelmed, I know what will work for me to improve my mood.				
Life Situation Section (6)	---	----	-----	-----
There is stability in my life situation.				
There is stability in my family situation				
There is stability in my work situation				
I feel financially stable				
I feel I am able to care for those around me				
Positive, happy events tend to happen to me throughout my life				
Physical Wellness Section (18)	-----	-----	-----	-----
I do physical activity or exercise				
I make the time to get adequate sleep				
I have regular, normal bowel movements				
I can eat and feel well eating what I want				

	Never (1)	Rarely (2)	Sometimes (3)	All the Time (4)
I fall asleep easily				
I stay asleep all night or as long as I want				
I feel regulated in my mood				
I can adapt to almost any situation				
I feel calm and can keep my thoughts together				
My body feels at ease and without pain				
My neck muscles feel relaxed				
My blood sugar is well controlled				
When I close my eyes to relax, my body is still and at ease (not restless)				
My to -do list feel manageable				
I have the energy needed to do what I want				
I am satisfied with my weight				
I am satisfied with how I cope with stress				
I practice ways to be better at relaxing				

***This survey is not a diagnostic test for any illness or disorder. This survey brings awareness and opens the conversation about what it means to manage stress well in your life.