

## How I Deal with My Stress Scale

Your body's natural reaction to challenging events that seem to feel overwhelming is fight or flight. This fight or flight reaction causes a faster heart rate, shallow breathing and a desire to flee. However, you can teach yourself to perceive events to be within your control and you can even change your body reactions to challenging events. This scale will help you identify how you have been dealing with stress in your life.

In the following example, the circled numbers indicate how much the statement is descriptive of the person completing the inventory.

### When I am in a stressful situation, I deal with my stress by...

	Very Often	Often	Sometimes	Never
doing activities that help me relax	4	3	2	1

This is not a test and there are no right or wrong answers. Do not spend too much time thinking about your answers. Your initial response will be the most true for you. Be sure to respond to every statement.

### When I am in a stressful situation, I deal with my stress by...

	Very Often	Often	Sometimes	Never
doing activities that help me relax	4	3	2	1
trying to let my body relax	4	3	2	1
overeating	1	2	3	4
using drugs	1	2	3	4
watching a funny movie or tv show	4	3	2	1
behaving in an unhealthy, risky way	1	2	3	4
drinking alcohol or smoking	1	2	3	4
yelling at others	1	2	3	4
listening to calming music	4	3	2	1
resting for short periods of time	4	3	2	1
finding others to blame	1	2	3	4
doing something physical	4	3	2	1
talking to someone who is supportive	4	3	2	1
breaking things	1	2	3	4
playing sports	4	3	2	1
verballing attacking others	1	2	3	4
getting into fights	1	2	3	4
denying that I am stressed or upset	1	2	3	4
letting my feelings out constructively	4	3	2	1
slowing down my breathing	4	3	2	1

**TOTAL #1 = \_\_\_\_\_**

**When I am in a stressful situation, I deal with my stress by...**

	Very Often	Often	Sometimes	Never
hurting myself physically	1	2	3	4
sleeping a lot	1	2	3	4
thinking in a positive way	4	3	2	1
trying to change things that I have no control over	1	2	3	4
pretending it will go away	1	2	3	4
looking for comfort with my spiritually/religion	4	3	2	1
hanging out with people I care about	4	3	2	1
exercising regularly	4	3	2	1
eating nutritiously	4	3	2	1
stopping my negative self-talk	4	3	2	1
trying to be perfect	1	2	3	4
practicing deep breathing	4	3	2	1
reading inspirational books	4	3	2	1
doing something positive for others	4	3	2	1
bullying others	1	2	3	4
lowering my unrealistic expectations	4	3	2	1
dwelling on my weaknesses	1	2	3	4
thinking about hurting myself	1	2	3	4
making time for fun	4	3	2	1
getting depressed	1	2	3	4

**TOTAL #2 = \_\_\_\_\_**

## How I Deal with My Stress Scale Scoring Directions

The How I Deal with My Stress Scale is designed to measure the strength of your ability to deal with stress in your life. For each of the sections on the previous pages, count the scores you circled for each of the two sections. Put that total on the line marked TOTAL at the end of each section. Then transfer your totals to the spaces below:

**TOTAL #1 = \_\_\_\_\_**

**TOTAL #2 = \_\_\_\_\_**

Add these two scores (you will get a number from 40-160) to get your grand total and put that number below:

**GRAND TOTAL = \_\_\_\_\_**

### Profile Interpretation

Grand Total	Result	Indications
121 to 160	high	If you score high, you are dealing with stress very effectively.
80 to 120	moderate	If you score moderate, you are dealing with stress fairly effectively.
40 to 79	low	If you score low, you significantly need to improve your stress management.

When you are not able to cope with the stress that you encounter in your life, you begin to feel tension and frustration.

Review the tips and tools in the **Stress Topic** on [www.yourlifeyourvoice.org](http://www.yourlifeyourvoice.org).

No matter how you scored, low, moderate or high, the tips and tools will help you to increase your understanding of how to manage your stress.