



# Assess your coping skills: Is stress managing you or are you managing stress?

13 simple questions to determine your efficacy in managing stress.

Call 617-475-0081 to debrief your score and identify next steps you can take to increase your efficacy in coping with stress. **There is no charge for this coaching session.**

		Points
1.	Give yourself 10 points if you feel you have supportive family around you.	
2.	Give yourself 10 points if you <b>actively</b> pursue a hobby.	
3.	Give yourself 10 points if you belong to a social or activity group in which you participate <b>more than once a month</b> .	
4.	Give yourself 15 points if you are within 10 pounds of your "ideal" body weight, considering your height and bone structure.	
5.	Give yourself 15 points if you practice some form of "deep relaxation" <b>at least five times a week</b> . Deep relaxation includes meditation, progressive muscle relaxation, imagery and yoga.	
6.	Give yourself 5 points for each time you exercise for 30 minutes or longer during an average week.	
7.	Give yourself 5 points for each nutritionally balanced and wholesome meal you eat during an average day. A nutritionally balanced meal is low in fat and high in vegetables, fruits and whole-grain products.	
8.	Give yourself 5 points if you do something you really enjoy and which is "just for you" during an average week.	
9.	Give yourself 10 points if you practice time management techniques <b>daily</b> .	
10.	Subtract 10 points for each pack of cigarettes you smoke during an average day.	
11.	Subtract 5 points for each evening during an average week that you use <b>any</b> form of medication or chemical substance, including alcohol, to help you sleep.	
12.	Subtract 10 points for each day during an average week that you consume <b>any</b> form of medication or chemical substance, including alcohol, to reduce anxiety or just to calm down.	
13.	Subtract 5 points for each evening during an average week that you bring work home – <b>work meant to be done at your place of employment</b> .	
<b>Total Score:</b>		

This stress assessment was created by Dr. George Everly Jr. of the University of Maryland. It is reprinted from a U.S. Public Health Service pamphlet, "What Do You Know About Stress" (DHHS Publication No. PHS79-50097) and is in the public domain. An educational tool, it was created largely on the basis of results compiled by clinicians and researchers who tried to identify how people effectively cope with stress.

## Interpreting your Total Score

A "perfect" total score is 115. If your total score is in the 50-60 range, you probably have adequate coping skills for most common stress. However, keep in mind that the higher your total score, the greater your ability to cope with stress in an effective, healthy manner.