

## ***CHANGES in our life are...***

**...a natural part of human experience**

**...potentially positive**

**...possibly negative**

**...always create *STRESS!***

The intent of this questionnaire is to increase your awareness of possible contributing factors to your personal stress. There are no norms, and there are no wrong answers; however, the more items you select, the greater your potential is for increased stress. After taking this self-evaluation, if you would like to meet with a professional counselor to discuss your current stressors and find ways to manage stress more effectively, please contact us:

**Behavioral Health Services /Employee Assistance Program: (509) 376-4418**

***Assess your stress level by marking the changes you 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

child leaving home (college, marriage)

vacation

***How stressed do you feel?***

1 2 3 4 5 6 7 8 9 10  
(Low stress) (High stress)

***Since no one can completely avoid or eliminate all stress from one's life, we all must learn healthy ways to cope with the effects. Assess your use of good methods of stress management by checking all that apply:***

regular exercise

share feelings with partner/friend

realistic goals

balanced diet

time for recreation/relaxation

private, quiet time

plenty of rest

limit your use of alcohol

know your limits