

Movement and Relaxation

Name _____

How Much Do You Know About How To Manage Stress Effectively? Date _____

Knowing what causes it and how it can affect you is only part of the story. Do you know what to do to manage the stress you experience so it doesn't make you ill or harm you in other ways? Let's find out.

This assessment consists of 20 statements about stress. Some of the statements are true and some are false. If you think a statement is true, put a check in the column labeled True. If you think a statement is false, put a check in the column labeled False.

True False

- | | | |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. Imaging heaviness and warmth in one's body parts is an autogenic training technique. |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. An individual should consume more caffeine during stressful times. |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. Competitive physical activity is an effective stress management technique. |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. Involvement in the pleasure of physical activity leads to feelings of well-being. |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. Breaking down complicated tasks into smaller parts can reduce stress. |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. Stress can be reduced by avoiding routines whenever possible. |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. When undergoing important life changes, stress can be reduced by increasing the number of other changes that are made. |
| <input type="checkbox"/> | <input type="checkbox"/> | 8. Heartbeat can be monitored by biofeedback. |
| <input type="checkbox"/> | <input type="checkbox"/> | 9. Individuals should not try to change their relation to stressors. |
| <input type="checkbox"/> | <input type="checkbox"/> | 10. Sitting comfortably helps to quiet one's internal environment. |
| <input type="checkbox"/> | <input type="checkbox"/> | 11. Autogenic training is an effective technique for relieving vascular problems associated with stress. |
| <input type="checkbox"/> | <input type="checkbox"/> | 12. Anticipating periods of boredom and planning activities for those periods can reduce stress. |
| <input type="checkbox"/> | <input type="checkbox"/> | 13. When using physical exercise as a stress management technique, one should try to exert oneself as much as possible. |
| <input type="checkbox"/> | <input type="checkbox"/> | 14. In autogenic training, an individual attempts to eliminate the physical sensations that are associated with relaxation. |
| <input type="checkbox"/> | <input type="checkbox"/> | 15. Becoming less competitive with oneself and others is an effective way to reduce Type A behavior. |
| <input type="checkbox"/> | <input type="checkbox"/> | 16. Delegating authority and responsibility to others will have no effect on one's stress. |
| <input type="checkbox"/> | <input type="checkbox"/> | 17. To be effective, relaxation must be used at the same time and place each time it is done. |
| <input type="checkbox"/> | <input type="checkbox"/> | 18. Being in a place away from other people helps to quiet one's external environment. |
| <input type="checkbox"/> | <input type="checkbox"/> | 19. Focusing on one's positive characteristics improves a person's self-concept. |
| <input type="checkbox"/> | <input type="checkbox"/> | 20. Increased muscle activity is a characteristic of relaxation. |

Scoring

Assign yourself one point for each of the following responses:

1. T
2. F
3. F
4. T
5. T
6. F
7. F
8. T
9. F
10. T
11. T
12. T
13. F
14. F
15. T
16. F
17. F
18. T
19. T
20. F

Interpretation of Scores

This scale measures how much you know about how to effectively manage stress. The higher the score, the more you know about effectively managing stress. If you scored lower than 11, explore effective ways to manage stress.

Perhaps you never heard of autogenic training, or that caffeine can make stress worse, or that physical activity can help you manage stress, but competitive physical activity can actually increase the stress you experience. Maybe you never realized that stress can be reduced by making your life more routine, or that sitting comfortable can help quiet your internal environment or that delegating authority and responsibility can help alleviate stress. Maybe you never heard of biofeedback, or that focusing on your positive aspects can make you feel less stressful, or that stress can make your muscles tense. Yet, these are all true and, knowing that, are helpful to effectively managing stress.

Scoring

Assign the following point values for each response.

Regularly = 3

Occasionally = 2

Rarely = 1

Next, add the points and divide by 15.

Interpretation of Scores

This is a scale that measures your use of variety of stress management techniques. The maximum score obtainable of 3 indicates you frequently use a variety of stress management techniques, a score of 2 indicates you occasionally use stress management techniques, and a score of 1 indicates you rarely use stress management techniques.

As you can see from the checklist itself, there are plenty of things one can do to manage stress better. First and foremost, is that you must take care of your health. That means you need to get enough sleep, eat well, exercise regularly and refrain from destructive behaviors.

It also helps to talk about your stressors, with other people whose opinions you trust and with whom you feel comfortable sharing these concerns.

And do not forget the value in organizing your time so that you do not feel overly pressured, taking breaks from stressful work every so often, finding interesting things to do as a diversion from your daily routine, focusing on the positive aspects of event rather than negative ones, and establishing realistic goals so you are not frustrate by attempting to accomplish goals that are unattainable.