

Do you respond positively or negatively to stress?

The way you cope with stress can have a big impact on your health and well-being. Below are a few coping strategies for dealing with stress. Please check the boxes that apply to you. Doing an honest assessment of how well or poorly you currently respond to stress can help you manage your stress in the future.

When you are under stress, do you:	Yes	No	When you are under stress, do you:	Yes	No
Smoke/use tobacco?	<input type="checkbox"/>	<input type="checkbox"/>	Engage in physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
Drink more than 2-3 cups of caffeine per day?	<input type="checkbox"/>	<input type="checkbox"/>	Get six to eight hours of sleep every night?	<input type="checkbox"/>	<input type="checkbox"/>
Overuse over-the-counter Medications?	<input type="checkbox"/>	<input type="checkbox"/>	Maintain good eating habits?	<input type="checkbox"/>	<input type="checkbox"/>
Overeat or under eat	<input type="checkbox"/>	<input type="checkbox"/>	Make time to relax?	<input type="checkbox"/>	<input type="checkbox"/>
Spend too much money?	<input type="checkbox"/>	<input type="checkbox"/>	Maintain a sense of humor?	<input type="checkbox"/>	<input type="checkbox"/>
Abuse/overuse prescription medications?	<input type="checkbox"/>	<input type="checkbox"/>	Play?	<input type="checkbox"/>	<input type="checkbox"/>
Watch more than 3-4 hours per day of television?	<input type="checkbox"/>	<input type="checkbox"/>	Maintain healthy rituals and routines?	<input type="checkbox"/>	<input type="checkbox"/>
Have angry outbursts?	<input type="checkbox"/>	<input type="checkbox"/>	Be optimistic. Engage in positive thinking?	<input type="checkbox"/>	<input type="checkbox"/>
Take illegal drugs?	<input type="checkbox"/>	<input type="checkbox"/>	Spend time with family or friends?	<input type="checkbox"/>	<input type="checkbox"/>
Withdraw from people?	<input type="checkbox"/>	<input type="checkbox"/>	Make plans for the future?	<input type="checkbox"/>	<input type="checkbox"/>
Ignore or deny stress symptoms?	<input type="checkbox"/>	<input type="checkbox"/>	Figure out ways to better manage stress?	<input type="checkbox"/>	<input type="checkbox"/>
Engage in self-destructive relationships?	<input type="checkbox"/>	<input type="checkbox"/>	Reward yourself for your accomplishments?	<input type="checkbox"/>	<input type="checkbox"/>

These are negative coping strategies.

These are positive coping strategies.