

STRESS ASSESSMENT

by Beth Armknecht Miller



Stress can lead to bad behaviors, poor health, and sub-optimal decisions. Managing your stress starts with being aware of your triggers. What are your triggers?

1. I prefer to do most things myself rather than ask for help.
Always True Often True Sometimes True Never True
2. I get very impatient when I have to wait for someone else or when something takes too long, such as long, slow moving lines.
Always True Often True Sometimes True Never True
3. I seem to be in a hurry and racing against the clock.
Always True Often True Sometimes True Never True
4. I get irritated when I am interrupted while I am in the middle of something.
Always True Often True Sometimes True Never True
5. I stay busy and keep many 'irons in the fire'.
Always True Often True Sometimes True Never True
6. I find myself doing two or three things at one time, such as eating lunch and writing a memo while talking on the phone.
Always True Often True Sometimes True Never True
7. I overcommit myself by biting off more than I can chew.
Always True Often True Sometimes True Never True

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8. I feel guilty when I am not working on something.
Always True Often True Sometimes True Never True
9. It is important that I see the concrete results of what I do.
Always True Often True Sometimes True Never True
10. I am more interested in the final results of my work than in the process.
Always True Often True Sometimes True Never True
11. Things just never seem to move fast enough or get done fast enough for me.
Always True Often True Sometimes True Never True
12. I lose my temper when things don't go my way or work out to suit me.
Always True Often True Sometimes True Never True
13. I ask the same question, without realizing it, after I've already been given the answer.
Always True Often True Sometimes True Never True
14. I spend a lot of time mentally planning future events, while tuning out the here and now.
Always True Often True Sometimes True Never True
15. I find myself continuing to work after my coworkers have called it quits.
Always True Often True Sometimes True Never True
16. I get angry when people don't meet my standards of perfection.
Always True Often True Sometimes True Never True
17. I get upset when I am in situations where I cannot be in control.
Always True Often True Sometimes True Never True

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- 18.** I tend to put myself under pressure with self--imposed conditions.
Always True Often True Sometimes True Never True
- 19.** It is hard for me to relax when I'm not working.
Always True Often True Sometimes True Never True
- 20.** I spend more time working than socializing with friends, on hobbies or on leisure activities
Always True Often True Sometimes True Never True
- 21.** I dive into projects to get a head start before all the phases have been finalized.
Always True Often True Sometimes True Never True
- 22.** I get upset with myself for making even the smallest mistake.
Always True Often True Sometimes True Never True
- 23.** I put more thought, time and energy into my work than I do into my relationships with friends and loved ones.
Always True Often True Sometimes True Never True
- 24.** I forget, ignore or minimize important family celebrations such as birthdays, reunions, anniversaries or holidays.
Always True Often True Sometimes True Never True
- 25.** I make important decisions before I have all the facts and have a chance to think them through thoroughly.
Always True Often True Sometimes True Never True

Now that you have identified key triggers to your stress, what is your plan to eliminate or decrease them? Find a coach or mentor to help you through this process.