# UNIV 100 K01 Spring 2023

# Instructions: Part 1: Take the Stress Test below and add up your score. Part 2: Answer the questions about your results. Note: You do not need to hand in part 1 of this assignment or reveal your score. You can use part 1 for your own information, and as a basis to write part 2.

# Part 1: STRESS TEST

|  |  |  |  |
| --- | --- | --- | --- |
| **1.** | I exercise twenty minutes or more at least three days a week. | **Add 10** |  |
| **2.** | I wake up feeling reasonably rested at least 5 days a week. | **Add 10** |  |
| **3.** | I have a quiet place in which I can relax on a regular basis. | **Add 5** |  |
| **4.** | I take some quiet time for myself every day. | **Add 5** |  |
| **5.** | I drink alcohol to relieve stress. | **Subtract 5**  for each day during the week that you drink alcohol to relieve stress |  |
| **6.** | I have economic support adequate to meet my basic needs. | **Add 10** |  |
| **7.** | I feel I lack a consistent sense of purpose, connectedness, or life meaning. | **Subtract 10** |  |
| **8.** | I am reasonably comfortable with my body weight. | **Add 10** |  |
| **9.** | I smoke cigarettes to relieve stress. | **Subtract 5**  for each day during the week that you use tobacco to relieve stress |  |
| **10.** | I have one or more friends with whom I can talk about personal matters. | **Add 10** |  |
| **11.** | I eat at least one balanced meal a day. | **Add 10** |  |
| **12.** | I give and receive affection regularly. | **Add 10** |  |
| **13.** | I use one or more substances other than alcohol or cigarettes to relieve stress. | **Subtract 5**  for each day during the week that you use a substance other than alcohol or tobacco to relieve stress |  |
| **14.** | I feel that I am in good health. | **Add 10** |  |
| **15.** | I feel supported by my social network. | **Add 10** |  |
| **16.** | I usually feel that I communicate effectively in my interpersonal relationships. | **Add 10** |  |
| **17.** | I do something fun at least once a week. | **Add 10** |  |
| **18.** | I drink fewer than three caffeine drinks (coffee, tea, or cola) a day. | **Add 10** |  |
|  | | |  |
|  | | **TOTAL** |  |

**<40 points**

**Stress Test Scores**

Your test score shows that not only are you living under a lot of stress, but you may also be compromising your health by the ways in which you deal with this stress.

# 40 - 80 points

It appears that you currently do some good things to relieve your stress. If you are satisfied with how you manage the stress in your life, great. Keep taking care of yourself.

# >80 points

While you may sometimes feel the effects of too much stress, it appears that you are doing a good job of handling the stress in your life. This is a healthy way to live!

**Part 2. Stress Test Reflections**

In essay form, answer the following questions on the following page of this document. **Note: in writing this essay, you do not have to write about anything that you do not feel comfortable revealing to me.** You can just write about what you feel comfortable with.

**Also note**: make sure you write in essay form and that your essay is around 300 words.

* Were you surprised by your results? Why or why not? How does these results reflect (or fail to reflect) your experience of stress in your life?
* What are some actions you might take this semester to improve your test results, either beginning actions or habits that add points or eliminating actions or habits that subtract them?
* What is an action or habit that you would like to add or eliminate but that you think it would be hard to do this semester? Why? Can you think of any ways you could accomplish doing so anyway?
* Optional: Are there any actions or habits in the test above that you think are scored incorrectly—that is, that you do not believe are stress relievers as important as the number of points awarded for them, or that you do not believe are bad habits/sources of stress important as the number of points subtracted for them?