

# STRESS MANAGEMENT

## DO YOU TAKE GOOD CARE OF YOURSELF?

(Circle a number from 1 to 5)

|               |                  |           |        |       |
|---------------|------------------|-----------|--------|-------|
| ALMOST ALWAYS | MOST OF THE TIME | SOMETIMES | RARELY | NEVER |
|---------------|------------------|-----------|--------|-------|

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| A. I like to spend private time thinking about myself and my life.                          | 5 | 4 | 3 | 2 | 1 |
| B. When I reflect on my day I note things I can improve on, as well as, my accomplishments. | 5 | 4 | 3 | 2 | 1 |
| C. I am honest with myself about what I am feeling.   | 5 | 4 | 3 | 2 | 1 |

I TOTAL

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|   |   |   |   |   |   |
|---|---|---|---|---|---|
| A. When I think about my day I congratulate myself on what I have accomplished. | 5 | 4 | 3 | 2 | 1 |
| B. I know I am loved and loveable.  | 5 | 4 | 3 | 2 | 1 |
| C. I feel mostly O.K. about myself and my life.                                 | 5 | 4 | 3 | 2 | 1 |

II TOTAL

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|  |   |   |   |   |   |
|--|---|---|---|---|---|
| A. I cherish the time I spend with the people I care about                                 | 5 | 4 | 3 | 2 | 1 |
| B. When I need a hug or a sympathetic ear I ask for one.                                   | 5 | 4 | 3 | 2 | 1 |
| C. When there is a problem with someone I care about I try to work it out with the person. | 5 | 4 | 3 | 2 | 1 |

III TOTAL

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|  |   |   |   |   |   |
|--|---|---|---|---|---|
| A. I try to spend my time and my energy working at what is important to me.  | 5 | 4 | 3 | 2 | 1 |
| B. I can see when I am getting side tracked from my long term goals by daily pressures and try to get back on track. | 5 | 4 | 3 | 2 | 1 |
| C. I can catch myself when I begin "nitpicking" or worrying about impossible issues.                                 | 5 | 4 | 3 | 2 | 1 |

IV TOTAL

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