

Name: _____ Date: _____

Instructor: _____ Section: _____

Purpose: To uncover your major stressors and your stress levels during the past year.**Directions:** Learning to “de-stress” starts with an honest examination of your life experiences and your reactions to stressful situations. Respond to each section, assigning points as directed. Total the points from each section, then under Section III: Scoring, add them and compare to the life-stressor scale.

Section I: Recent History

In the last year, how many of the following major life events have you experienced? (Give yourself five points for each event you experienced; if you experienced an event more than once, give yourself 10 points, etc.)

1. Death of a close family member or friend	_____
2. Ending a relationship (whether by your own choice or not)	_____
3. Major financial issue(s) jeopardizing your ability to stay in college	_____
4. Major move, leaving friends, family, and past activities behind	_____
5. Serious illness (your own)	_____
6. Serious illness (of someone close to you)	_____
7. Marriage or entering a serious relationship	_____
8. Loss of a beloved pet	_____
9. Involvement in a legal dispute or issue	_____
10. Involvement in a hostile, violent, or threatening relationship	_____
Total Points	_____

Section II: Self-Reflection

For each of the following, indicate where you are on the scale of 0 to 5, then add up the points.

		Strongly Disagree			Strongly Agree		
1. I have a lot of worries at home and at school.	0	1	2	3	4	5	
2. My friends or family members put too much pressure on me.	0	1	2	3	4	5	
3. I am often distracted and have trouble focusing on schoolwork.	0	1	2	3	4	5	
4. I am highly disorganized and do assignments at the last minute.	0	1	2	3	4	5	
5. My life seems to have far too many crisis situations.	0	1	2	3	4	5	
6. I spend a lot of time sitting; I don't have time to exercise.	0	1	2	3	4	5	
7. I don't have enough control in decisions that affect my life.	0	1	2	3	4	5	
8. I wake up most days feeling tired/like I need a lot more sleep.	0	1	2	3	4	5	
9. I often feel that I am alone and don't fit in very well.	0	1	2	3	4	5	
10. I have few friends or people with whom to share thoughts/feelings.	0	1	2	3	4	5	
11. I am uncomfortable in my body and wish I could change my looks.	0	1	2	3	4	5	
12. I'm unsure of whether my major will lead to a job after graduation.	0	1	2	3	4	5	

(Continued)

	Strongly Disagree			Strongly Agree		
13. If I have to wait, I quickly become irritated and upset.	0	1	2	3	4	5
14. I get upset with myself unless I'm the best in activities and classes.	0	1	2	3	4	5
15. World events upset me and I'm angry about people's behavior.	0	1	2	3	4	5
16. I'm overloaded and there are never enough hours in the day.	0	1	2	3	4	5
17. I feel uneasy when I'm caught up, relaxing, or doing nothing.	0	1	2	3	4	5
18. I often check emails/tweets/text messages during the night.	0	1	2	3	4	5
19. I seldom get enough alone time each day.	0	1	2	3	4	5
20. I worry about whether or not others like me.	0	1	2	3	4	5
21. I am struggling in my classes and worry about failing.	0	1	2	3	4	5
22. My relationship with my family is distant and unsupportive.	0	1	2	3	4	5
23. I tend to be critical and think negatively about the people I observe.	0	1	2	3	4	5
24. Most people are selfish and distrustful and I'm careful around them.	0	1	2	3	4	5
25. Life is basically unfair and most of the time, I can't change things.	0	1	2	3	4	5
26. I give more than I get in relationships with people.	0	1	2	3	4	5
27. What I do is often not good enough and I should do better.	0	1	2	3	4	5
28. My friends would describe me as highly stressed and quick to react to people and events with anger and/or frustration.	0	1	2	3	4	5
29. My friends are always telling me I "need a vacation to relax."	0	1	2	3	4	5
30. Overall, the quality of my life right now isn't all that great.	0	1	2	3	4	5
Total Points						

Section III: Scoring

Total your points from Sections I and II: _____

The following scores are not meant to be diagnostic, but they do serve as an indicator of potential problem areas. If your scores are:

0–50, your stress levels are low. It is still worth examining areas where you did score points and taking action to reduce your stress levels further.

51–100, your stress levels are moderate, and you may need to reduce certain stresses in your life. Long-term stress and pressure can be counterproductive. Consider what you can do to change your perceptions, your behaviors, or your environment.

101–150, your stress levels are high, and you are probably quite stressed. Examine your major stressors and begin making a plan right now to reduce your stress levels. Delaying this action could lead to significant stress-related problems that affect your wellness, your grades, your social life, and your future!

151–200, you are carrying very high stress and without some significant changes, you could be heading for some serious difficulties. Locate a campus counselor with whom you can share the major issues you just identified as causing stress. Aim to get more sleep and exercise and find time to relax. Surround yourself with people who are supportive and make you feel safe and competent.

Section IV: Reflection

Were you surprised by your total stress score? Go back over the list of stressors and find two that you could eliminate with simple actions. Write them here along with the action for each.

Stressor _____ Action _____

Stressor _____ Action _____