Stress Management Questionnaire

The Stress Management Questionnaire is a tool used to develop a baseline of your current thoughts and feelings related to stress in your life and how you feel you should address stress in your life.

1. Briefly describe any stressful situations you would like to work on.

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2. What are the signals or physical symptoms that tell you you're beginning to feel stressed?

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Developed by Damon Simmons, Ph.D., C.S.M.
LEO Firstline, LLC 2018

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3. Where does the stress come from--the environment, your body, or your thoughts and expectations?

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4. What aspects of this stress can you control?

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5. What aspects of this stress are beyond your control?

6. What are some of your thoughts, beliefs, and expectations that relate to this stress?

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7. When it does occur, what are you doing to do to cope with it?

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8. What are some things you're willing to do to take better care of yourself and reduce stress?

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