

Assess yourself

Staying Psychologically Healthy: Test Your Coping Skills

How do you cope to stay healthy and psychologically well? There are many ways, but some are more effective than others. This assessment was created to help you identify how effectively you cope. It is to help inform you of the most

beneficial and healthy ways to cope and to stay psychologically healthy.

Carefully assess yourself by scoring each item according to how often each statement applies to you.

	Always	Often	Sometimes	Rarely	Never
1. I seek out emotional support from others.	1	2	3	4	5
2. In light of new developments, I am willing to change my opinions.	1	2	3	4	5
3. I find myself so overwhelmed that I completely shut down.	1	2	3	4	5
4. If I think there is some research or other information about a problem I have, I will seek it out.	1	2	3	4	5
5. I try to keep the situation in perspective.	1	2	3	4	5
6. I refuse to give up.	1	2	3	4	5
7. I remind myself that eventually things will get better.	1	2	3	4	5

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| 8. It is difficult to forget about my problems and worries and just have fun. | 1 | 2 | 3 | 4 | 5 |
| 9. I experience difficulty sleeping because my mind is racing. | 1 | 2 | 3 | 4 | 5 |
| 10. I manage to find an outlet to express my emotions (writing a journal, drawing, painting, etc.). | 1 | 2 | 3 | 4 | 5 |

Interpreting Your Score

Your score for numbers 3, 8, and 9 is _____. A perfect score is 15. The higher your score, the stronger your coping skills.

Your score for numbers 1, 2, 4, 5, 6, 7, and 10 is _____. A perfect score is 7. Keep in mind that the lower your score here, the greater your ability to cope with stress in an effective, healthy manner, and the higher the score, the more improvement is needed to increase your coping skills.

Source: Psych Tests AIM Inc., "Coping and Stress Management Skills Test—Abridged/10 Questions, 5 Mins." <http://cl1.psychtests.com/bin/transfer?req=NDF8Mjk4MXwxMjl4ODg2fDB8MQ==&refempt=>

YOUR PLAN FOR CHANGE

The **Assess yourself** activity gave you the chance to assess your coping abilities. Now that you have considered these results, you can take steps to change behaviors that may be detrimental to your psychological health.

Today, you can:

- Evaluate your behavior and identify patterns and specific things you are doing that negatively affect your psychological health. What can you change now? What can you change in the near future?
- Start a journal and note your moods. Look for trends and think about ways you can address them.
- Make a list of the things that bring you joy. Commit yourself to making more room for these joy-givers in your life.

Within the next 2 weeks, you can:

- Visit your campus health center and find out about the counseling services they offer. If you are feeling overwhelmed, depressed, or anxious, make an appointment with a counselor.
- Pay attention to the negative thoughts that pop up throughout the day. Bringing your awareness to these thoughts gives you an opportunity to stop and reevaluate them.

By the end of the semester, you can:

- Make a commitment to an ongoing therapeutic practice aimed at improving your psychological health. Depending on your current situation, this could mean anything from seeing a counselor or joining a support group to practicing meditation or attending religious services.
- Volunteer regularly with a local organization you care about. Focus your energy and gain satisfaction by helping to improve others' lives or the environment.