

# LABORATORY 11.1



Complete Lab 11.1 online at  
[www.pearsonhighered.com/powers](http://www.pearsonhighered.com/powers).

Name \_\_\_\_\_ Date \_\_\_\_\_

Instructor \_\_\_\_\_ Section \_\_\_\_\_

## Stress Index Questionnaire

The purpose of this stress index questionnaire is to increase your awareness of stress in your life. Select either yes or no to answer each of the following questions.

- |     |    |  |
|-----|----|--|
| Yes | No | 1. I have frequent arguments.  |
| Yes | No | 2. I often get upset at work.  |
| Yes | No | 3. I often have neck and/or shoulder pains due to anxiety/stress.  |
| Yes | No | 4. I often get upset when I stand in long lines.   |
| Yes | No | 5. I often get angry when I listen to the local, national, or world news or read the newspaper.                          |
| Yes | No | 6. I do not have enough money for my needs.  |
| Yes | No | 7. I often get upset when driving.   |
| Yes | No | 8. At the end of a workday I often feel stress-related fatigue.  |
| Yes | No | 9. I have at least one constant source of stress/anxiety in my life (e.g., conflict with boss, neighbor, mother-in-law). |
| Yes | No | 10. I often have stress-related headaches.   |
| Yes | No | 11. I do not practice stress management techniques.  |
| Yes | No | 12. I rarely take time for myself.   |
| Yes | No | 13. I have difficulty in keeping my feelings of anger and hostility under control.                                       |
| Yes | No | 14. I have difficulty in managing time wisely.   |
| Yes | No | 15. I often have difficulty sleeping.  |
| Yes | No | 16. I am generally in a hurry.   |
| Yes | No | 17. I usually feel that there is not enough time in the day to accomplish what I need to do.                             |
| Yes | No | 18. I often feel that I am being mistreated by friends or associates.  |
| Yes | No | 19. I do not regularly perform physical activity.  |
| Yes | No | 20. I rarely get 7 to 9 hours of sleep per night.  |

### SCORING AND INTERPRETATION

Answering yes to any of the questions means that you need to use some form of stress management techniques (see the text for details). Use the following scale to evaluate the level of stress in your life.

Total: \_\_\_\_\_

Number of Yes Answers	Stress Category
6–20	High stress
3–5 Yes Answers	Average stress
0–2	Low stress

1. Are you satisfied with your score? If not, name the areas you could target to reduce your level of stress.
  
2. If you named areas you want to target in the previous question or you are in the high-stress category, what techniques will you employ to help lower your stress level? Write out a specific plan for how you will attempt to use at least of one of the stress management strategies for a specific stressor that you face.

To submit the completed lab, save the form to your computer and email it to your instructor or upload it to their digital dropbox as directed.