

## Self-Awareness Stress Survey

Rate how accurate the following statements are for you on a scale of 1 (not accurate) to 10 (very accurate):

- \_\_\_\_\_ 1. Historically, I have had difficulty managing my stress.
- \_\_\_\_\_ 2. I don't set much time aside to ensure I have physical, mental and emotional balance in my life.
- \_\_\_\_\_ 3. I am very sensitive to constructive feedback.
- \_\_\_\_\_ 4. I tend to avoid or placate when under stress.
- \_\_\_\_\_ 5. I have a tendency to blame others when under stress.
- \_\_\_\_\_ 6. I become stressed when dealing with change or uncertainty.
- \_\_\_\_\_ 7. I have trouble dealing with the unknown; with the unpredictable.
- \_\_\_\_\_ 8. I have trouble being a self-starter.
- \_\_\_\_\_ 9. I don't get much direction from my supervisor and find this stressful.
- \_\_\_\_\_ 10. I have ongoing issues with authority that interfere with my VISTA assignments.
- \_\_\_\_\_ 11. I have a high need for control.
- \_\_\_\_\_ 12. I need to improve my listening skills.
- \_\_\_\_\_ 13. I feel stressed if I have to deal with difficult conversations.
- \_\_\_\_\_ 14. I have difficulty setting personal boundaries.
- \_\_\_\_\_ 15. Conflict for me is very stressful.
- \_\_\_\_\_ 16. I need to improve my conflict resolution skills.
- \_\_\_\_\_ 17. I am not always effective at managing problem-solving tasks.
- \_\_\_\_\_ 18. Multi-tasking is a challenge for me.
- \_\_\_\_\_ 19. I don't like to take time to plan activities out.
- \_\_\_\_\_ 20. I have difficulty managing transitions.

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## Your Stress Level

After you have completed scoring each statement, total your scores and divide by 20. (For example, if your scores total 100, divide by 20 = 5) So your overall tendency to experience stress is 5. This is a mid-range coping score and means while you have stressors, you are not constantly overwhelmed by them.

### Scores:

**1 - 3** You are pretty mellow!

**4 – 5** You have sufficient coping skills to manage your stress / stressors more times than not.

**6 -7** You have moments of being overwhelmed and are at risk for distress unless you implement effective, daily coping strategies in the areas where you had a high score.

**8-10** You have sufficient stress to be at risk for burnout! Take action to strengthen your coping abilities as soon as possible. Focus on your highest scores.

## Your Top Stressors:

Go back and highlight any statements where you scored a 7 or higher. What are some ways you could address these stressors long term throughout your career?