Chapter 3

Activity SS3-3 Stress Evaluation

Directions: To effectively manage stress, you must identify sources of your stress and recognize its effects. In the table that follows, list and describe recent situations in which you felt stressed.

• Situation: Identify a recent situation in which you felt stressed.

• Source of Stress: Identify the source of your stress related to the situation.

• Stress Level: On a scale of 1–10, indicate the level of personal stress caused by the situation, 1 being the lowest level and 10 being the highest stress level.

• Stress Effects: List any psychological or physical effects as a result of the stress.

• Solution: Identify a possible solution or better way to handle similar situations that cause stress in the future.

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| Situation | Source of Stress | Stress Level | Stress Effects | Solution |
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| Situation | Source of Stress | Stress Level | Stress Effects | Solution |
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