

RETURN TO JOY – DEFEATING HOLIDAY STRESS

So-lu'shunz Leadership Services

PERSONAL COPING MECHANISMS¹

Directions: There are many ways to cope with stress in your life. Some coping techniques are more effective than others. The purpose of this checklist is to help you assess how effectively you cope with the stress. Upon completing this checklist, you will have identified many of the ways you choose to cope with stress, while at the same time, through a point system, the relative desirability of the coping techniques you now employ. This is a health education survey, not a clinical assessment instrument. Its sole purpose is to inform you of how you cope with the stress in your life.

In order to complete the checklist, simply follow the instructions given for each of the 14 items listed below. When you have completed all of the 14 items, place your total score in the space provided.

- _____ 1. Give yourself 10 points if you feel you have a supportive family.
- _____ 2. Give yourself 10 points if you actively pursue a hobby.
- _____ 3. Give yourself 10 points if you belong to some social or activity group that meets at least once a month (other than your family).
- _____ 4. Give yourself 15 points if you are within 5 pounds of your "ideal" body weight, considering your height and bone structure.
- _____ 5. Give yourself 15 points if you practice some form of "deep relaxation" at least three times a week. Deep relaxation exercises may include meditation, imagery, etc.
- _____ 6. Give yourself 5 points for each time you exercise 30 minutes or longer during the course of an average week.
- _____ 7. Give yourself 5 points for each nutritionally balanced and wholesome meal you consume during the course of an average day.
- _____ 8. Give yourself 10 points for each time you do something you really enjoy, "just for yourself," during the course of an average week.
- _____ 9. Give yourself 10 points if you have some place in your home that you can go to in order to relax and/or be by yourself.
- _____ 10. Give yourself 10 points if you practice time management techniques in your daily life.
- _____ 11. Subtract 10 points for each pack of cigarettes you smoke during the course of an average day.
- _____ 12. Subtract 15 points for each evening during the course of an average week that you take any form of medication or chemical substances (including alcohol) to help you sleep.
- _____ 13. Subtract 10 points for each day during the course of an average week that you consume any form of medication or chemical substance (including alcohol) to reduce your anxiety or just calm down.
- _____ 14. Subtract 5 points for each evening during the course of an average week that you bring work home; work that was meant to be done at the place of employment.

_____ **TOTAL SCORE**

(NOTE: How well-prepared are you to cope with the added stress of the upcoming **Holiday Season**? APA figures show 69% of people say lack of time and money are Holiday stressors and 51% feel pressured about exchanging gifts. That's just the TIP OF THE ICEBERG! How prepared are you to handle Holiday stress? This simple assessment will tell your level of preparedness *and* point you to simple stress busters you can employ right away. For more practical ideas on approaching the Holidays with Joy, sign up your family or group for **RETURN TO JOY, DEFEATING HOLIDAY STRESS**. Booking and pricing at www.Solushunz.com – Karin Syren)

¹ *Critical Incident Stress management (CISM): Basic Group Crisis Intervention*, Jeffrey T. Mitchell & George S. Everly, International Critical Incident Stress Foundation