

STRESS LEVEL

Pre-Assignment

Please answer the following questions.

ON A SCALE OF ONE TO TEN, RATE YOUR CURRENT STRESS LEVEL.
(ONE IS NO STRESS AT ALL, FIVE IS MODERATELY STRESSED, AND TEN IS ON THE VERGE OF A NERVOUS BREAKDOWN.)

WHERE WOULD YOU LIKE YOUR STRESS LEVEL TO BE?

WHAT ARE THE MAJOR STRESSORS IN YOUR LIFE?

WHAT DO YOU SEE AS THE MAJOR CHALLENGES TO RESOLVING YOUR STRESS?

WHAT ARE YOU CURRENTLY DOING TO MANAGE AND REDUCE STRESS?

WHAT WOULD YOU LIKE TO BE DOING?
