# **Worksheet Template: Stress Self-Assessment Worksheet**

The Stress Self-Assessment Worksheet is designed to provide learners with a structured format to evaluate their stress levels and coping strategies.

**Stress Self-Assessment Worksheet**

*Rate each item on a scale of 1 to 5, where 1 = Not at all and 5 = Extremely.*

1. How stressed do you feel right now?
   * 1 (Not at all) 2 3 4 5 (Extremely)
2. Rate your level of stress on a typical workday:
   * 1 (Not at all) 2 3 4 5 (Extremely)
3. Rate your level of stress on a typical day off or weekend:
   * 1 (Not at all) 2 3 4 5 (Extremely)
4. What are your most significant stressors at work or in your personal life? (List them)
5. How do you typically cope with stress? (Check all that apply)
   * Exercise
   * Meditation
   * Spending time with loved ones
   * Reading
   * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. On a scale of 1 to 5, how effective are your current coping strategies?
   * 1 (Not at all) 2 3 4 5 (Extremely)
7. How do you feel after using your coping strategies? (Check all that apply)
   * Calmer
   * Relieved
   * Energized
   * Still Stressed
   * Other: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. What changes can you make to improve your stress management? (List them)
9. Are there any external resources or support you need to better manage stress? (List them)
10. Rate your overall stress management skills:
    * 1 (Not effective) 2 3 4 5 (Highly effective)

The learner guide, teacher guide, and how-to section ensure participants can use the worksheet effectively for personal growth and stress management. The learning outcomes emphasize increased self-awareness, improved stress management, and personal development.