

## Health Assessment

Name Gary Corbin

Date 11-6-2017

Go to [www.livingto100.com](http://www.livingto100.com) and use the Living to 100 Life Expectancy Calculator to assess your health habits.

What are your good health habits? Eating healthy

What are some areas you need to improve? Being more active

Based on the above list, write three intention statements for maintaining good health in the future.

1. To live a healthy stress free life
2. To be able to maintain independence
3. To live in a stable environment & live as long as God allows me.

## Stress-Reducing Thoughts

Name Gary Corbin

Date 11-6-2017

The following story is based on a news article about road rage. As you read the article, think about Mr. Road Rage and the negative thoughts he was thinking. What stress-reducing thoughts could have been used to avoid these tragic results? Then answer the questions below. You may want to do this as a group exercise with some of your classmates.

Mr. Road Rage, who shot a man as a result of a traffic-related altercation, was sentenced to 19 years in prison today. He was a quiet man with no previous criminal record. People at his place of work, where he was employed as a computer programmer, were surprised to learn what had happened. Mr. Road Rage was not a violent man. He had even tried to get out of the Navy as a conscientious objector, because he hated violence.

What happened? Mr. Rage was on the way home from work when some teenagers on bicycles cut right in front of him. Mr. Rage almost hit them. He was so angry that he stopped to talk with the teenagers. They began to call each other names and exchange obscene gestures. One of the teenagers became so angry with Mr. Rage that he threw his bicycle at Mr. Rage's car, making a small dent. The teenagers quickly left the scene. Mr. Rage continued to his apartment complex where he saw one of the teenagers involved in the altercation. He went to his apartment and got an old gun and decided that he would make a citizen's arrest of the teenager. The teenager resisted; and during the scuffle that ensued, the gun went off and the teenager was killed.

During Mr. Rage's murder trial, one of his colleagues at work said that Mr. Rage's behavior was completely out of character. He never imagined that such an incident could occur.

1. List the negative thoughts that might have been going through Mr. Rage's head during this incident.

Disrespect  
How can they talk to me this way  
I will teach them a lesson

2. What stress-reducing thoughts could Mr. Rage have used to avoid this situation?

He could have pulled to the side of the road  
and gave himself some time to think about the  
situation

He could have called the authorities

## What Is Your Stress Index?\*

Name Gregory Corbin

Date 11-6-2017

Do you frequently:

	Yes	No
1. Neglect your diet?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
2. Try to do everything yourself?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Blow up easily?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4. Seek unrealistic goals?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
5. Fail to see the humor in situations others find funny?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
6. Act rude?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
7. Make a big deal out of everything?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
8. Look to other people to make things happen?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
9. Have difficulty making decisions?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
10. Complain you are disorganized?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
11. Avoid people whose ideas are different from your own?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
12. Keep everything inside?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
13. Neglect exercise?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
14. Have only a few supportive relationships?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
15. Use psychoactive drugs, such as sleeping pills and tranquilizers, without physician approval?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
16. Get too little rest?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
17. Get angry when you are kept waiting?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
18. Ignore stress symptoms?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
19. Procrastinate?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
20. Think there is only one right way to do something?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
21. Fail to build in relaxation time?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
22. Gossip?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
23. Race through the day?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
24. Spend a lot of time lamenting the past?	<input type="checkbox"/>	<input checked="" type="checkbox"/>
25. Fail to get a break from noise and crowds?	<input checked="" type="checkbox"/>	<input type="checkbox"/>

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Score 1 for each yes answer and 0 for each no. Total score: 12 yes 13 no

- 1-6 There are a few hassles in your life. Make sure, though, that you aren't trying so hard to avoid problems that you shy away from challenges.
- 7-13 You've got your life in pretty good control. Work on the choices and habits that could still be causing some unnecessary stress in your life.
- 14-20 You're approaching the danger zone. You may well be suffering stress-related symptoms and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks each day.
- Above 20 Emergency! You must stop now, rethink how you are living, change your attitudes, and pay scrupulous attention to your diet, exercise, and relaxation programs.