

Worksheet #5: What Is Your Stress Index

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In partial fulfillment of the requirements for the course

ATH115OL Success for Life and Ministry Online

Department of Leadership Studies

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<ol style="list-style-type: none"> 1. Neglect your diet Yes 2. Try to do everything yourself Yes 3. Blow up easily No 4. Seek unrealistic goals No 5. Fail to see the humor in situations others find funny. No 6. Act rude. No 7. Make a big deal out of everything. No 8. Look to other people to make things happen. No 9. Have difficulty making decisions. Yes 10. Complain you are disorganized No 11. Avoid people whose ideas are different from your own. No 12. Keep everything inside. No 	<ol style="list-style-type: none"> 13. Neglect exercise. No 14. Have only a few supportive relationships. Yes 15. Use psychoactive drugs, such as sleeping pills and tranquilizers, without physician approval? NO 16. Get too little rest. Yes 17. Get angry when you are kept waiting. No 18. Ignore stress symptoms. No 19. Procrastinate. Yes 20. Think there is only one right way to do something. No 21. Fail to build in relaxation time. No 22. Gossip. No 23. Race through the day. No 24. Spend a lot of time resenting the past. Yes 25. Fail to get a break from noise and crowds. No
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