

How do you cope with the stress in your life? Although there are numerous ways, some are more effective than others. In some cases, the way we cope with a situation may be as harmful as the stress caused by the situation itself. This scale is an educational tool, not a clinical instrument, and was created largely on the basis of results compiled by clinicians and researchers. It will inform you of ways in which you can effectively and healthfully cope with the stress in your life and will give you an indication of the desirability of the coping strategies you are currently using. Simply follow the instructions given for each of the 14 items listed below. When you completed all of the items, total your points and place that score in the box provided.

- \_\_\_\_1. Give yourself 10 points if you feel that you have a supportive family around you.
  
- \_\_\_\_2. Give yourself 10 points if you actively engage in a hobby.
  
- \_\_\_\_3. Give yourself 10 points if you belong to a social or activity group that meets once a month.
  
- \_\_\_\_4. Give yourself 15 points if you are within five pounds of your “ideal” body weight, considering your height & bone structure.
  
- \_\_\_\_5. Give yourself 15 points if you practice some form of “deep relaxation” at least three times a week. Deep relaxation exercises include meditation, imagery, etc.
  
- \_\_\_\_6. Give yourself 5 points for each time you exercise thirty 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 5 points if you do something that you really enjoy that is “just for you” during the course of an average week.
  
- \_\_\_\_9. Give yourself 10 points if you have someplace in your home that you can go 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 5 points for each evening during the course of an average week that you consume any form of medication or chemical substance (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 you down.
- \_\_\_\_ 14. Subtract 5 points for each evening during the course of an average week that you bring home, work – work that was meant to be done at your place of employment.

Now calculate your total score and place it in the box to the left.

A “perfect” score would be 115 points.

A score in the 50-60 range, you probably have an adequate collection of coping strategies for most common sources of stress.

However, you should keep in mind that the higher the score the greater your ability to cope with stress in an effective and healthful manner.

***TOTAL SCORE***