



CONFIDENTIAL – PROTECTED HEALTH INFORMATION

Name: _____ DOB: _____ Date: _____

MAJOR LIFE EVENTS: Have you experienced any major stressors in the **last year**? If so, please note them

DAILY STRESS LEVEL: How would you rate the stress level of your daily life?

1 Low	2	3	4	5 Average	6	7	8	9	10 High
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STRESSORS: (Things that trigger stress for you)

SYMPTOMS OF STRESS: Please circle any of the symptoms you've experienced in the **last two weeks**:

<u>Physical Responses</u>	<u>Mental Responses</u>	<u>Emotional Responses</u>	<u>Behavioral Responses</u>	<u>Spiritual Responses</u>
Trouble sleeping Weakness or Fatigue Chest pain Rapid heart beat Rapid breathing Difficulty breathing Perspiration/Chills Adrenaline increase or surge Senses heightened Sensitivity to noise Dizziness or fainting Grinding teeth Tenseness Headaches Aches and pains Muscle tremors/trembling Changes in appetite More frequent illness Elevated Blood pressure	Difficulty concentrating Easily distracted Forgetfulness Worry Confusion Preoccupation with the stressor Difficulty making decisions Difficulty problem-solving Nightmares Pessimism Blaming and Thoughts of retaliation Distorted Thinking Loss of trust in self and others Denial	Impatience Feelings of loss of control Shock and Numbness Fear and panic Anxiety Feeling overwhelmed Hopelessness and Helplessness Anger or intense irritability Feeling alone/abandoned Sadness Guilt and shame issues	Isolating yourself from others Trouble sleeping Overeating or under eating Increased conflict with family members Keeping excessively busy to avoid thinking about stressors Tearfulness; crying for no apparent reason Increased use of alcohol or drugs Increased smoking Discarding treasures objects Increased impulsivity	Disorientation and confusion Anger toward God Increased reliance on spiritual beliefs Questioning long held beliefs Reassessment of values and meaning Confrontation of existential issues Disrupted sense of self Increased or decreased spiritual practices

COPING STRATEGIES: Please circle any of the coping strategies you have used in the last 2 weeks

<p style="text-align: center;">PHYSICAL</p> <p>Breathe Deeply Exercise Eat Well, Avoid Junk Food Get a Massage Take a Walk Do Neck Rolls Do Something Active Stretch Pace the Floor Take a nap Get outdoors, Enjoy Nature Take a bath or shower Do physical labor, garden, paint the house Make home repairs, refinish furniture Drive slower than your normal speed Plant a garden, work in the garden Brown bag your lunch and eat it in a park Make a pot of tea</p>	<p style="text-align: center;">MENTAL</p> <p>Call a friend Ask for Help Laugh at Yourself Smile Set Realistic Goals Prioritize Tasks Delegate Work Talk Things out Reward Yourself Set Limits Think Positively Cry if necessary Write in a Journal Believe in Yourself Learn to Say No See Problems as Challenges Reflect on Accomplishments Don't Always Speak Your Mind Take Mini-vacations</p>
<p style="text-align: center;">SPIRITUAL</p> <p>Visualize a peaceful scene Relax Meditate Pray Be Kind Enjoy Small Pleasures Remember that Healing Happens Listen to Music Love Others Forgive and Reforgive Love Yourself Give and Accept Hugs Pay a Compliment Stop and Smell the Roses Suffer Fools Gladly Be With Positive People Don't Sweat the Small Stuff Stop all activity and let the mind rest Go to church, temple, synagogue, place of worship Read the Bible or spiritual writings</p>	<p style="text-align: center;">BEHAVIORAL</p> <p>Sing Take Breaks Reduce Clutter Have a Hobby Keep Noise Down Budget Time & Money Count to Ten Practice Team Work Get Organized Be Flexible Set Realistic Deadlines Leave Earlier Screen Your Calls Read Play with your Pet Don't Procrastinate Use the Right Tools Never Drink and Drive Avoid Unnecessary Meetings Do something Artistic</p>
<p>Avoid Social Contact With Others Focus on bad outcomes Smoke Chew fingernails Eat snacks, overeat Become irritable, short tempered Become aggressive Kick something, throw things Sleep for a long period Avoid eating anything Drive fast in your car Become sarcastic</p>	<p>Talk excessively Yell at a spouse or child Drink a lot of coffee or tea Swear Try to change the situation by persuading or arguing Take tranquilizers Become a hermit Complain all the time Take it out on friends</p>

Negative Coping Strategies