

# Stress Assessment

Stress can have a significant impact on your body, immune system, and overall well-being. Learning to manage and relieve stress can be an important component of managing your own health, as well as creating an environment that supports healing for others.

**Circle the words that apply for you, (and add any words that you feel are missing)**

Discouraged	Isolated	Exhausted
Tired	Optimistic	Hopeful
Strong	Helpless	Happy
Productive	Stressed	Energized
Supported	Scared	Peaceful
Angry	Alone	Goal-oriented
Disappointed	Brave	Confident
Supported	Frustrated	Understood
_____	_____	_____
_____	_____	_____

**How do you currently manage stress?**

**Do you feel this is effective? y / n**  
**Why?**