

Mind/Body Stress Assessment

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The Mind/Body Stress Assessment is designed to provide you with a personalized overview of your current life stress and energy balance. You will have an opportunity to examine various areas of your life and determine if the area in question has added to your energy depleting life stress, or energized you and helped you recover from life stress. For the purposes of this Assessment life stress is defined by the amount of change and adaptive energy you use. Thus, we can experience just as much, or more stress from "positive" life events (termed "eustress") as negative life events (termed "distress"). Also, note that one of the important features of the Mind/Body Stress Assessment is it's subjective nature. You are compared against yourself rather than a normative group. This is important because objective measures of stress (Holmes and Rahe, 1967) do not take into account the relative importance, or lack of importance a particular life area has for different individuals.

INSTRUCTIONS: This inventory is designed for your personal use. There are no right or wrong answers. Usually your first response is the best. Please print these pages out for your personal reference.

For each item circle the number which corresponds to your overall experience in that life area during the past three months. The ratings go from "Energizing" (This area of your life greatly relieved stress during the past three months.) to "Extreme" (This area of your life was extremely stressful during the past three months.) ii; for example, you generally experienced very high stress (eustress, or distress) in Family Relationships during the past three months you would circle "NY" (Extreme Stress). IL however, your family relationships during the past three months have generally been very supportive and stress-relieving during the past three months you would circle the "P3" (Energizing). If you experienced your Family Relationships as neither stressful, or energizing you would circle "0". Once you have circled the number which corresponds to your rating in a particular area you have the opportunity to write down more specific information about behaviors you experience in that area which reduce your stress ("Health Enhancing"), ones which increase your stress ("Health Detracting"), and behaviors which you would like to establish for the future as part of your self-care plan.

TARGET AREA: Work Life

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

OCD Recovery Centers of America

TARGET AREA: Family Relationships

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Friendships

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Finances

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Physical Health - Self

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

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TARGET AREA: Physical Health - Family & Friends

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Children, Childcare & Pregnancy

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Marriage, or Primary Intimate Relationship

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Sleep & Rest

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

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TARGET AREA: Emotions

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Routine Recreation (movies, restaurants, board games, bowling, etc.)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Vacations (alone, or with others)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Physical Exercise (all forms)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

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TARGET AREA: Legal

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Transportation

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Spirituality (as you define it)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Diet & Nutrition

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

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TARGET AREA: Environment (location of home, pollution, working conditions)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Attitude & Perspective (how you look at life; your views)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Sexuality

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Social Events (birthdays, weddings, funerals)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

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TARGET AREA: Education & Learning (formal or informal)

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

TARGET AREA: Self Care & Personal Hygiene

Current Stress Rating: P3 P2 P1 0 N1 N2 N3
Energizing Neutral Extreme

Health Enhancing Behaviors Health Detracting Behaviors Goal Behaviors

You have now completed your personalized Mind/Body Stress Assessment. To score the test:

- 1.) Add up all of the numbers you marked that were preceded by a "P" P=_____
- 2.) Add up all of the numbers you marked that were preceded by a "N" N=_____
- 3.) Subtract your N score from your P score P-N=_____

You P score is your overall level of health enhancing life energizers. This represents your stored reserves for coping with stressful life change events. Your N score, in contrast, represents your overall level of health detracting life stresses. If your N score exceeds your P score in step three above this indicates the need for immediate adaptations to your lifestyle to prevent the onset of negative stress effects such as physical illness, accidents, depression, or diminished performance at work and home.