

# Movement and Relaxation

Name \_\_\_\_\_

## Setting Up Stress Roadblocks: Using Stress Management Techniques

Date \_\_\_\_\_

### How Often Do You Use Techniques That are Helpful in Managing Stress

There are a number of techniques that have been shown to be effective in managing stress. The following scale measures how often you use such techniques.

Think back over the past month. Place a check (X) to show how often during the past month, you have done each thing. During the past month, how often did you...

	Regularly	Occasionally	Rarely
...get plenty of rest at night?			
...talk about your feelings with friends or family members?			
...take breaks when doing difficult tasks?			
...drink less than three cups of caffeine per day?			
...plan your time so that you could meet all your responsibilities?			
...use relaxation techniques?			
...ask others for help when you felt you had too much to do?			
...exercise?			
...talk about your problems with the people who were involved in them?			
...figure out whether or not you were feeling stress?			
...find interesting things to do when you were bored?			
...plan time for relaxation?			
...look at the positive things in your life?			
...say "no" to helping others when you felt you already had enough to do?			
...set realistic goals for yourself?			