Stress Management Questionnaire

Employee Wellness Programme | Self-assessment

Instructions: For each statement, tick one response that best reflects your usual habits. This questionnaire is for personal reflection, not a medical diagnosis.

1. I accept changes while maintaining stability in my daily activities.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

2. I make necessary or beneficial changes when appropriate.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

3. I know where to find stress-management support through my employer or community.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

4. I use available stress-management support when I need it.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

5. I prepare for demanding situations by using stress-reduction techniques.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

6. I reflect on stressful experiences to improve how I respond in future.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

7. I seek support from family or friends during difficult times.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

8. I avoid using alcohol or other drugs to cope with stress.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

9. I avoid aggressive or abusive behaviour when stressed.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

10. I get enough sleep to support my health and daily coping.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

11. I avoid excessive sleeping as a way of coping with stressful changes.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

12. I maintain eating habits that support my health and stress management.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

13. I engage in physical activity to help manage stress.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

14. I practise relaxation skills, such as deep breathing or yoga.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

15. I manage my time effectively.

■ 1 Rarely / Not true	■ 2 Sometimes	■ 3 Usually	■ 4 Always

Your total score: _____ / 60

How to interpret your score

15–29: Your current stress-management habits may need attention. Consider reviewing daily stressors and seeking support.
30–44: You use some helpful strategies. Identify lower-rated areas where you could strengthen your approach.
45–60: You report many helpful stress-management habits. Continue adapting your strategies as circumstances change.

Reflection: One stress-management habit I will strengthen this week: _____

Adapted and paraphrased for workshop use from the photographed Stress Management Questionnaire (Activity 4.4, pp. 86–87), which attributes its source to Payne & Hahn (2002). Score bands follow the photographed material, with non-overlapping boundaries.