

PsychInquiry CD

Activity name:	Assess Your Stress Level
Student's name:	

Instructions: Complete this worksheet and hand it in to your instructor.

Questions

1. What was your total stress score?

2. What was your total strain score?

3. What are some of the negative aspects of stress identified in this activity?

4. Can you think of any additional negative aspects of stress?

5. Can you think of any positive aspects of stress?
