



Stress Management Inventory

Fill in the bubble that best represents your reaction to each of the statements below.

1.	I have constructive outlets for aggression.	Agree	①	②	③	④	⑤	Disagree
2.	I frequently visualise soothing scenes in order to relax.	Agree	①	②	③	④	⑤	Disagree
3.	Breathing is a very hard thing to control.	Agree	①	②	③	④	⑤	Disagree
4.	I'm aware that some of my beliefs are probably irrational.	Agree	①	②	③	④	⑤	Disagree
5.	I keep an up-to-date list of things I am supposed to do.	Agree	①	②	③	④	⑤	Disagree
6.	I always spend a few minutes each morning planning my day.	Agree	①	②	③	④	⑤	Disagree
7.	I keep an up-to-date list of things I love to do.	Agree	①	②	③	④	⑤	Disagree
8.	I try to avoid destructive ways of dealing with stress.	Agree	①	②	③	④	⑤	Disagree
9.	I frequently manipulate my environment to improve my mood.	Agree	①	②	③	④	⑤	Disagree
10.	I try to make sure that my meetings end early or on time.	Agree	①	②	③	④	⑤	Disagree
11.	A computer can be a great tool for relieving stress.	Agree	①	②	③	④	⑤	Disagree
12.	I have trouble prioritising.	Agree	①	②	③	④	⑤	Disagree
13.	I'm comfortable asking other people for help.	Agree	①	②	③	④	⑤	Disagree
14.	I very rarely stretch my body.	Agree	①	②	③	④	⑤	Disagree
15.	I regularly tense and relax my muscles as a way of relaxing.	Agree	①	②	③	④	⑤	Disagree
16.	I wish I got more exercise.	Agree	①	②	③	④	⑤	Disagree
17.	I try to fight stress before it starts.	Agree	①	②	③	④	⑤	Disagree
18.	I try to keep my desk clear of junk.	Agree	①	②	③	④	⑤	Disagree
19.	I have trouble delegating.	Agree	①	②	③	④	⑤	Disagree
20.	I sit and stand in special ways to help me stay relaxed.	Agree	①	②	③	④	⑤	Disagree
21.	Distractions are inevitable during the work day.	Agree	①	②	③	④	⑤	Disagree
22.	My calendar isn't always available when I need it.	Agree	①	②	③	④	⑤	Disagree
23.	I frequently use special breathing techniques to help me relax.	Agree	①	②	③	④	⑤	Disagree
24.	I waste my time trying to find misplaced files and documents.	Agree	①	②	③	④	⑤	Disagree
25.	I frequently post reminder notes to keep myself on track.	Agree	①	②	③	④	⑤	Disagree
26.	I regularly use massage or self-massage to help me relax.	Agree	①	②	③	④	⑤	Disagree
27.	I often try to use humour to diffuse tension.	Agree	①	②	③	④	⑤	Disagree
28.	I regularly examine and try to correct my irrational behaviour.	Agree	①	②	③	④	⑤	Disagree

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