Coping With Stress Inventory

**Purpose:** To analyze how you currently manage your stress.

**Instructions:** Listed below are some common ways of coping with stressful events. Mark those that are characteristic of your behavior or that you use frequently.

- 1. I ignore my own needs and just work harder and faster.
- 2. I seek out friends for conversation and support.
- 3. I eat more than usual.
- 4. I engage in some type of physical exercise.
- 5. I get irritable and take it out on those around me.
- 6. I take a little time to relax, breathe, and unwind.
- 7. I smoke a cigarette or drink a caffeinated beverage.
- 8. I confront my source of stress and work to change it.
- 9. I withdraw emotionally and just go through the motions of my day.
- 10. I change my outlook on the problem and put it in a better perspective.
- 11. I sleep more than I really need to.
- 12. I take some time off and get away from my working life.
- 13. I go out shopping and buy something to make myself feel good.
- 14. I joke with my friends and use humor to take the edge off.
- 15. I drink more alcohol than usual.
- 16. I get involved in a hobby or interest that helps me unwind and enjoy myself.
- 17. I take medicine to help me relax or sleep better.
- 18. I maintain a healthy diet.
- 19. I just ignore the problem and hope it will go away.
- 20. I pray, meditate, or enhance my spiritual life.
- 21. I worry about the problem and am afraid to do something about it.
- 22. I try to focus on the things I can control and accept the things I can’t.

Evaluate your results: The **even-numbered** items tend to be constructive tactics and the **odd-numbered** items tend to be less constructive tactics for coping with stress.