

A silhouette of a soldier in a military uniform saluting with his right hand to his forehead. He is standing on a rocky outcrop against a dramatic sunset sky with orange and yellow clouds. The sun is low on the horizon, creating a bright glow.

the
STRESS Profiler
MILITARY VERSION

A simple, self-scoring, stress test that will teach you as much about yourself as it will about stress.

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from **StressStop**



SECTION ONE
CONTROL



SECTION TWO
SUPPORT

INSTRUCTIONS

There are ten sections in this Stress Profiler. Each section has ten statements. Briefly evaluate each statement and indicate how you feel about that statement by using a number from 1 to 4.

- 1 = strongly disagree
- 2 = moderately disagree
- 3 = moderately agree
- 4 = strongly agree

EXAMPLE:

I feel like my life is out of my control.

If you strongly disagree with this statement, put a 1 in the space afterwards. If you moderately disagree with the statement, put a 2. If you moderately agree, put a 3. If you strongly agree, put a 4.

After you've finished all ten sections, you'll be given instructions for tallying and evaluating your scores.

The Stress Profiler
Military Version
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1. I often blame other people for the bad things that happen to me.

2. I overeat when I'm stressed.

3. No one knows what's going on here.

4. I think seriously about just walking away

5. I feel overwhelmed.

6. I don't feel like I'm in the driver's seat of my life.

7. My unit or unit commander doesn't seem to appreciate what I do.

8. I have trouble saying no to people who ask favors of me.

9. I don't believe in what we are doing anymore.

10. Things are disorganized in my unit.

TOTAL _____

1. When I'm down, it feels like there is no one I can turn to.

2. I can't really talk to my spouse/significant other about what's going on in my life.

3. I wish I had friends I could rely on for important advice.

4. I do not get much support from my comrades.

5. My family is not really there for me when I need them.

6. I'd rather be alone than go to a social event.

7. If I had a major illness or an addiction, I'd be reluctant to join a support group.

8. I rarely attend church or religious services.

9. I'd be reluctant to seek out counseling for a psychological problem.

10. I don't engage in any sports activities or hobbies that bring me in close contact with others that have similar interests.

TOTAL _____



SECTION THREE
TRAUMA

1. I have witnessed traumatic events that I would never be exposed to in civilian life.

2. I am afraid of what others will think if I talk to a counselor about the traumatic event.

3. I think about the traumatic event when I don't want to.

4. I suffered physical injuries from a traumatic event.

5. I haven't felt quite the same since the traumatic event.

6. I experienced at least one traumatic event in my childhood.

7. I worry about dealing with trauma in the future.

8. No one knows what I've seen in battle and no one ever will.

9. I have recurring nightmares that might have something to do with the traumatic event.

10. I have lost buddies in combat or while in service.

TOTAL _____



SECTION FOUR
FINANCIAL STRESS

1. I never have enough money to pay my bills.

2. I occasionally need to borrow money from family and/or friends.

3. I have what I consider to be a large monthly mortgage or rent payment.

4. I have what I consider to be a large monthly car payment.

5. I worry about retirement.

6. My family needs to work harder just to make ends meet.

7. I have what I consider to be a large credit card debt.

8. I feel I am under constant financial stress.

9. My spouse/partner and I fight over money.

10. I (or my spouse) often buy things we really can't afford.

TOTAL _____



SECTION FIVE
TIME PRESSURE

1. I always feel rushed in the morning.

2. My family life places too many demands on me.

3. I get impatient easily.

4. My schedule is overloaded.

5. I work around the clock.

6. I am always rushing to get places on time.

7. I hate to wait.

8. I rarely get a sense of completion on the tasks that are assigned to me.

9. I don't have adequate time to attend to my personal needs.

10. I'm not very good at managing my time.

TOTAL _____



SECTION SIX

WORRY/FEAR

1. I frequently wake up in the night worrying.

 2. I often worry about things I can't control.

 3. I often worry that my spouse/partner might be unfaithful to me. (Or, that I might never find a partner.)

 4. I worry about my kids (or family) constantly.

 5. I worry about something terrible affecting me or my family.

 6. I often worry about dying.

 7. I often worry about getting sick.

 8. I worry about my safety even when I'm in a relatively safe place.

 9. Certain fears or phobias affect what I do almost daily.

 10. A particular fear is keeping me from doing something I really want to do.

- TOTAL _____



SECTION SEVEN

ANGER

1. I get annoyed easily.

 2. Incompetent people make me angry.

 3. I hold a grudge.

 4. I lose my temper easily.

 5. I hit things or throw things when I get mad.

 6. I curse and/or yell when I get angry.

 7. I often find myself getting angry while driving.

 8. I get angry in public.

 9. Life often seems so unfair.

 10. I can't stand losing.

- TOTAL _____



SECTION EIGHT

STRESS SYMPTOMS

1. After a bad day, I get a stiff neck or shoulder tension.

 2. I feel my heart racing whenever I get upset.

 3. My blood pressure was high at my last check-up.

 4. I get recurrent colds or my colds seem to last a long time.

 5. I often rely on over-the-counter medicine like aspirin, antacids, etc.

 6. I often get tension headaches.

 7. After a tough day, I have a couple of drinks or take a tranquilizer to calm myself down.

 8. I find myself feeling irritable with people and situations that never irritated me before.

 9. Nothing seems to make me happy anymore.

 10. I have trouble falling asleep or, I wake up in the night and have trouble going back to sleep.

- TOTAL _____



SECTION NINE

STRESS OUTLETS

1. I don't have time for exercise.

 2. There's never any time for fun or recreation.

 3. I don't often read for pleasure.

 4. My love-life is a source of stress.

 5. I don't see humor as an outlet for stress.

 6. I don't spend enough time relaxing or socializing with friends.

 7. I don't have time for relaxing activities like listening to music or playing computer games.

 8. I generally don't participate in stress-reducing programs like yoga, Tai Chi, meditation, etc.

 9. My opportunities for R&R and weekend passes are often more stressful than relaxing.

 10. Hobbies don't interest me.

- TOTAL _____



SECTION TEN

RESILIENCE

1. I frequently let little things bother me.

 2. I often doubt that things are going to turn out OK.

 3. I am sometimes paralyzed by indecision.

 4. Spirituality, or religion, does not play a very big role in my life.

 5. I have low self-esteem.

 6. I am not very flexible: I don't handle change very well.

 7. When I'm under stress, I rarely see the big picture.

 8. In an argument, I feel like I have to be right.

 9. I find it hard to bounce back after a big let down.

 10. I have trouble making decisions.

- TOTAL _____

the STRESS Profiler

Student Version

WHAT'S YOUR

STRESS PROFILE?

Tally your score for each section and enter the totals below. If you scored 20 or more on any one section, you should read more about that subject. Turn to the corresponding page number for more information.

Section	Score	Page #
1. Control	_____	6
2. Support	_____	7
3. Trauma	_____	8
4. Financial	_____	9
5. Time	_____	10
6. Worry	_____	11
7. Anger	_____	12
8. Symptoms	_____	13
9. Outlets	_____	14
10. Resilience	_____	15
Grand Total	_____	

Determine your stress profile on page 16. If your score falls within 5-10 points of another profile, consider yourself a mix of these two and read up on both.

Transfer the above scores to the graph on page 16 for more tips on handling stress.

1 SECTION ONE **CONTROL**

Do you remember a time when you overcame a big fear or mastered a new skill either as an adult or when you were growing up? Chances are these were exhilarating moments because you felt a growing sense of control over your own life. When you feel as though you're in the driver's seat of your own life, you feel invigorated and empowered. Conversely, when your life feels out of control there's a good chance that you'll feel overwhelmed and stressed.

Get organized. Be on time.

Feeling like life is out of your control can be caused by many factors. Disorganization is one example. When your life is disorganized you forget the one item you need most, you lose track of important bills that need to be paid by a certain date, you misplace personal items like your keys or your cell phone and so forth. This level of disorganization will certainly increase your stress levels. When this occurs you need to take control.

Begin by straightening out your desk. Organize your files, your car and clean out your closets. If you're away you may have to enlist the help of family members who can take care of certain things for you that you can't do yourself like paying bills, getting the car serviced and getting motor vehicle registrations renewed. When you're away, organization has to be a team effort.

Always running late is another example of something that will leave you feeling out of control. To remedy this problem, commit yourself to this one simple idea: if you're not early, you're late. Think about it, when you always aim at arriving places on time, if you are delayed by just a few minutes, you'll be late. But when you always aim at arriving early, chances are, you'll always be on time or early. So get up a bit earlier, and if you can, get things ready the night before. And allow more than enough time to get ready. Aim to arrive at your destination at least 10-15 minutes early and notice how much better you feel when you don't have to rush to get there.

Try to determine what you can control and what you can't.

When a particular situation seems out of control, stand back and look at it objectively. Try to determine what aspects of the situation you can control and what aspects

you can't. You may not be able to change the flight path of noisy planes flying over your house at night but you can buy ear plugs or an iPod to dampen or drown out the noise. Or perhaps you can change your thinking about the noise: "This could be a lot worse. When I'm very tired, I sleep right through it. Maybe I just need to get more exercise and drink less coffee in the evening." And sometimes, you have to just accept that there are certain things you can't control. Ironically, when you do this wholeheartedly, you gain a certain level of internal control.

And that's the mystery of control: An action doesn't necessarily have to change anything to make you feel more in control. Control is all in your mind. If you believe you are in control of your life, you are. So, always take some step, any step - no matter how small or even if it's just a different way of looking at things - and keep taking these steps, until you feel more in control. ☺

THINGS YOU CAN DO TO FEEL MORE IN **CONTROL**

- 1 Develop a comfortable morning routine:** Get up earlier, get things ready the night before, and if possible, take a little time for yourself.
- 2 Arrive early.** Commit yourself to arriving places 10-15 minutes early.
- 3 Celebrate "organization day."** Do nothing but organize all day for one day a month.
- 4 Organize your life.** Clean your workspace, organize your papers, bills, closets and your car. If you are away, delegate to a family member.
- 5 Take any action, no matter how small,** to resolve a situation that feels out of control.



2 SECTION TWO SUPPORT



Support relationships are like a shield which serves to protect us from potential distress, write stress experts James Quick and Debra Nelson in their books about stress. In a study of breast cancer survivors, women who joined a support group lived twice as long as those who didn't. Research has shown that married men and women with supportive spouses live longer than single men and women without supportive spouses. Even owning a pet, which constitutes a relationship, has proven to have long-term health benefits.

One social scientist has suggested that, indeed, 85% of our satisfaction in life comes from relationships and less than 15% comes from material items like cars, new gadgets or money. Yet most of us live our lives as though these figures were exactly the opposite.

You may be unaware of the beneficial effects a rewarding close relationship can have on your self-esteem, happiness and your ultimate well being. But you can easily prove this to yourself by thinking back to when you first fell in love. How did it make you feel? When you are falling in love, nothing fazes you. You're almost impervious to any kind of stress. To put it simply, falling in love and being in love, make you feel good. And there's not a gadget on earth that can substitute for this powerful emotional lift.

But love relationships take time to build, both new ones and

ongoing ones. You can't expect to build meaningful relationships with people without dedicating a significant amount of time to interacting and being together. (One time-management study showed the average husband and wife spend less than five minutes per day in meaningful conversation!)

Even while you are away, you can connect with family members in a meaningful and satisfying way. (Sometimes this will require a little creativity on your part.) This takes time, but when you personally realize the benefits (feeling happier and supported) you'll see that it's time well spent. When you're home plan to spend as much time as you possibly can with your spouse or closest companion. Start by really listening. You have been on an incredible adventure, but so have they. They have survived without you and they want to share their stories. So really listen.

Plan some family activities but do the things that they want to do, and realize that they may have different interests, different friends and different ways of doing things since you last saw them. Give them lots of room. They are proud of the fact they have survived without you and you should be too. As you re-connect with your most important relationships, look at other areas where you can foster meaningful relationships, such as at your place of worship, in your community, or even by rekindling an old friendship. The bottom line is this: supportive relationships are beneficial to your health. Once you understand the therapeutic benefit of building and maintaining your network of social support, you won't need a good reason to call an old friend; you'll need a good reason not to. ☺

THINGS YOU CAN DO TO BUILD YOUR SOCIAL **SUPPORT**

- 1 Connect with your family.** Find ways to connect with family members who matter to you most: online, over the phone, during the holidays and at informal gatherings.
- 2 Foster your current friendships.** Devote time every day to getting to know people even better than you already know them.
- 3 Join a book group, music group, religious organization or club** where you can meet people with similar interests.
- 4 Keep in touch.** Contact a friend who makes you laugh.
- 5 Join a support group** for troubling health issues that won't go away.



SUGGESTED
READING

Love And Survival - *Dean Ornish*

The 7 Habits of Highly Effective People - *Stephen Covey*