

## Manage stress

Name \_\_\_\_\_ Date \_\_\_\_\_

Directions: Use the scale legend to rate each item. Then total each group and the whole rubric.

Legend:

5 = DEFINITE STRENGTH (succeeds at a high level without struggling or hesitation)

4 = STRENGTH (succeeds at a high level with some struggle or hesitation)

3 = ACCEPTABLE (hesitates and struggles, but succeeds at a satisfactory level)

2 = NEED (hesitates and struggles and may succeed in parts, but not the whole)

1 = DEFINITE NEED (does not succeed--does not know what to do or gives up quickly or does not try)

	B	Q1	Q2	Q3	Q4
<b>Be aware of what causes stress</b>					
• Be aware that completing family and school responsibilities causes stress	—	—	—	—	—
• Be aware that pressure causes stress (deadlines, competition, and expectations)	—	—	—	—	—
• Be aware that situations cause stress (events, gatherings, accidents, and problems)	—	—	—	—	—
• Be aware that intensity causes stress (pushing hard, striving, driving, and focus on success)	—	—	—	—	—
• Be aware that lack of routine causes stress (not eating, sleeping, and relaxing regularly)	—	—	—	—	—
• Be aware that illness cause stress (colds, injuries, infections, and allergic reactions)	—	—	—	—	—
• Be aware that emotional stress causes stress (arguments, disagreements, and conflicts)	—	—	—	—	—
• Be aware that environmental factors cause stress (extremes in temperature, weather, light)	—	—	—	—	—
Subtotal for Group	—	—	—	—	—
<b>D</b> Strength=37-40   <b>S</b> trength=29-36   <b>A</b> cceptable=21-28   <b>N</b> eed=13-20   <b>D</b> Weak=8-12	—	—	—	—	—
<b>Understand the positive and negative aspects of stress</b>					
• Understand the positive aspects of stress	—	—	—	—	—
• Understand the negative aspects of stress	—	—	—	—	—
Subtotal for Group	—	—	—	—	—
<b>D</b> Strength=9-10   <b>S</b> trength=7-8   <b>A</b> cceptable=5-6   <b>N</b> eed=3-4   <b>D</b> Weak=2-2	—	—	—	—	—
<b>Manage day to day stress well</b>					
• Recognize personal stress limits and work to live within limits	—	—	—	—	—
• Set up routines (eating, sleeping, and exercising)	—	—	—	—	—
• Builds physical reserves to handle stress	—	—	—	—	—
Subtotal for Group	—	—	—	—	—
<b>D</b> Strength=14-15   <b>S</b> trength=11-13   <b>A</b> cceptable=8-10   <b>N</b> eed=5-7   <b>D</b> Weak=3-4	—	—	—	—	—
<b>Manage high or prolonged stress well</b>					
• Recognize symptoms when stress gets too high	—	—	—	—	—
• Resist the use of caffinated beverages	—	—	—	—	—
• Have a plan for reducing stress when it gets too high	—	—	—	—	—
• Visit a counselor or professional when stress is unmanageable	—	—	—	—	—
Subtotal for Group	—	—	—	—	—
<b>D</b> Strength=18-20   <b>S</b> trength=14-17   <b>A</b> cceptable=10-13   <b>N</b> eed=6-9   <b>D</b> Weak=4-5	—	—	—	—	—

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	B	Q1	Q2	Q3	Q4
Total Number of Points	_____	_____	_____	_____	_____
<b>D</b> Strength=78-85   <b>S</b> trength=61-77   <b>A</b> cceptable=44-60   <b>N</b> eed=27-43   <b>D</b> Weak=17-26	_____	_____	_____	_____	_____

Comments