

STRESS MANAGEMENT

Mood Symptom Response Test



PART I

When you're under stress, which of these symptoms do you typically experience? Check each one that fits you.

1. ____ My heart beats faster.
2. ____ I find it difficult to concentrate because of uncontrollable thoughts.
3. ____ I feel jittery in my body.
4. ____ Some thoughts run through my mind and bother me.
5. ____ I get frequent headaches.
6. ____ I keep going over decisions I have to make or have made.
7. ____ I perspire.
8. ____ I can't keep anxiety-provoking thoughts out of my mind.
9. ____ I eat too much or lose my appetite.
10. ____ I lack motivation.
11. ____ I feel tense in my stomach.
12. ____ I have difficulty falling asleep because I worry too much.
13. ____ I nervously pace.
14. ____ I feel discouraged and don't think I can solve my problems.
15. ____ My blood pressure goes up.
16. ____ I keep thinking about the mistakes I have made.
17. ____ I want to smoke or take a drink.
18. ____ I feel irritable and angry over little things.

How did you do? Did you notice a pattern on how you answered the questions?

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1-800-759-8122



HEALTH RESOURCES

STRESS MANAGEMENT

Using Humor At Work



Helpful Resources

Related websites

- www.humormatters.com
- www.larrywilde.com
- www.humorbeing.com
- www.stress.org

Books/Audio Tapes

- Lighten Up: Survival Skills for People Under Pressure
by Roma Felible & C.W. Metcalf
- Time Shifting: Creating More Time to Enjoy Your Life
by Stephan Rechtschaffen, M.D.
- Managing To Have Fun
by Matt Weinstein
- Life Is Not a Stress Rehearsal: Bringing Yesterday's Sane Wisdom into Today's Insane World
by Loretta Laroche

Note: Audio & Book versions of these resources are available at your public library or local bookstore.

Important Notice: Information in this flyer is for general information purposes only and is not intended to replace the counsel or advice of a qualified health professional. For further questions or help with specific problems or personal concerns contact LifeResources - Member Assistance Program. LifeResources - Member Assistance Program is not responsible for the content of the materials provided on the Internet.

Recent studies show that one in four employees have an anxiety-related illness due to job stress. American workers consume 15 tons of aspirin a day! If you suffer from Terminal Professionalism, consider using laughter instead of pain medication to cope with stress.

Did You Know...

- The average adult laughs only 15 times a day while the average child laughs about 150 times a day.
- Employers consider a sense of humor a positive quality in employees.
- Humor has been shown to enhance group problem solving.
- 100 laughs is equal to ten minutes of aerobic exercise.
- Laughter can reduce stress hormones.
- Muscle tension is significantly lowered through laughter and a real "belly" laugh can relax muscles the same way as a vigorous massage.
- People who know how to laugh are positive thinkers.

It's Been Proven That Laughter At Work:

- Improves productivity
- Reduces tensions and boredom
- Does not distract employees from their duties
- Can establish rapport
- Can neutralize emotionally charged interpersonal situations
- Is cost effective
- Reduces absenteeism
- Improves morale
- Increases creativity

It's important to take your work seriously, but also take time during the day to step back and observe or participate in humorous situations.

Adapted from www.humormatters.com

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