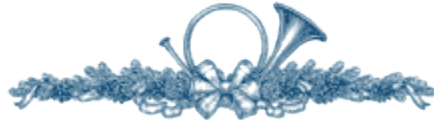


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Take the Holiday Stress Survey

This survey describes various situations when people might feel stressed during the holidays. Read each statement. Choose YES or NO to show if you would feel stress at that time. If you choose YES, then use the Confidence Scale to show how certain you are that you could manage the stress.

Confidence Scale

0	10	20	30	40	50	60	70	80	90	100
Very uncertain			Somewhat uncertain				Very certain			

Situation	Might you feel stress?	If yes, how certain are you that you could manage the stress?
You have four parties to attend on a given weekend.	YES NO	_____
Each day at work there are high-fat holiday treats.	YES NO	_____
The party host repeatedly offers to freshen your cocktail.	YES NO	_____
You are running on a few hours of sleep due to holiday demands.	YES NO	_____
You must buy a gift for each member of you and your spouse's family.	YES NO	_____
You have exceeded your holiday budget for entertaining and gift giving.	YES NO	_____

You plan to give homemade cookies to everyone on your block. YES NO _____

You have taken on more than you are able to do. YES NO _____

Your friends keep asking you to do things you do not have time to do. YES NO _____

There may be situations where you might feel stress, but you also have a high degree of confidence that you could manage the stress. That's fine.

For situations in which you think you might feel stress and in which you reported less than a 60 on the confidence scale, develop a stress management plan. Write down at least one step you can take to manage the situation.

This survey was created by the American Heart Association.