

## **Week 9 Activity**

### **Becky Samitore-Durand**

This week we are looking at ways to reduce the negative stress and ways to utilize the positive stress (motivation to get things done!). First, it's important to recognize which areas (if any) of your life you currently have negative stress.

Click on the link below and begin a 30 question stress test – it will take about five minutes. This test will look at three areas of your life and evaluate them for levels of high stress. Please answer as accurately as possible.

§ Once you have taken the test make notes of your results. Write them down, what numbers did you get in all three categories? What colors were you in for each category? Next, click on the “what your scores mean”. Please copy and paste these results or write them down for later.

§ Next: answer the following questions:

1. What were your scores and colors for each of the following sections: home, work and social.
2. What recommendations were you given for each of the areas?
3. What changes do you plan on making to reduce stress or if you have healthy stress levels, what are you currently doing to maintain a healthy stress level?
4. From your reading this week, what are some ways college students can reduce stress?

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