

Stress Profile Description



Feeling stressed occasionally is a normal part of daily life. If stress becomes excessive or continual, however, and exceeds your ability to cope, it can result in feelings of:

- Tension
- Irritability
- Anxiety
- And difficulty sleeping



These are the negative emotions associated with feeling “stressed out.” High stress can also lead to mental and physical health problems if ignored or if they persist without relief.

The **Stress Profile PC** is a computerized health assessment program designed for use in health screening and wellness programs to help people become aware of how well they are coping with stress in their life. The objective is to help people recognize if they have a stress problem and to take positive action to limit stress, improve coping skills, and if needed, to get professional help in dealing with personal problems.

Questionnaire

The questionnaire is only 18 questions long and can be completed in 5-6 minutes. Answers can be entered into the computer and a report printed within 60 seconds making it quick and easy to use.

Overall Stress Score

The profile provides an overall coping score ranging from 0-110; the higher the score, the better the person is coping with life. The lower the score, the higher their stress score.

The stress score is broken down into several categories:

- **Positive well-being** (strong positive, moderately positive, low positive)
- **Problem indicative of stress** (moderate stress, high stress)
- **Significant distress** (moderate distress, serious distress, severe distress)

Research Based. The stress scores and descriptions are based on a national sample of some 6,900 men and women tested throughout the U.S. by the National Center for Health Statistics as a measurement of general well-being for psychological health. Researchers determined the stress categories and also assessed the percent of the population in each of the categories which is shown on the report.

Stress Profile Sub-Scales

The report has 6 sub-scales. These scales give insights and suggestions for improvement in specific areas:

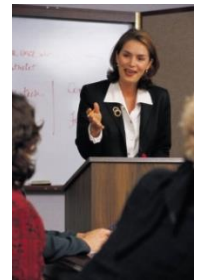
1. Energy level
2. Satisfying and interesting life
3. Cheerful vs. depressed mood
4. Relaxed vs. tense or anxious
5. Emotional control and stability
6. Freedom from health concern or worry

Report Includes:

- An overall **Stress Score** showing how well people are coping with stress in their life
- **6 Sub-scales** showing specific areas where they may not be coping well, giving insight for making improvement
- A **group statistical summary** showing how well the whole group is coping and what percent of the group are in the various stress zones
- An **educational guide** providing additional explanation and guidelines for improving coping skills.

Power Point Presentation

A presentation is included for use in a follow-up education program. The slides show research on stress and health, and give practical guidelines for improving coping skills and ways to counteract the negative effects of stress.



Required Equipment

A **PC computer**. A laptop PC allows the program to be portable and used onsite. The program is designed to run on **Windows 8** and any **PC compatible printer**. The report is designed in color but also works well in black and white.

Recommended Uses

Health fairs, employee wellness programs, fitness and wellness centers, community wellness programs, health classes, clinics and doctor offices are suggested.

For More Information or to Order:

Call 503-557-9538, email MyLifeLongHealth@gmail.com, or visit the LifeLong Health website. www.MyLLH.org