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## TEST

### DEALING WITH STRESSFUL, PROBLEMATIC AND CRISIS SITUATIONS

The test was designed to assess behaviours, thoughts and physiological symptoms appearing in response to stressful, problematic and crisis situations.

The result of the test is to obtain information on the most common way of dealing with stressful situations. Even the happiest, most emotionally stable person feels stress and anxiety.

Every person is different. What may reduce stress in one person may cause anxiety in another. Life can be stressful - You may be stressed about your job performance, a traumatic event (such as a pandemic, natural disaster or violent act), or a change in your life. Everyone feels stress from time to time.

What is stress? Stress is a physical or mental reaction to an external cause such as work overload or illness. A stressor can be a one-time or short-term event, or it can be repeated over a long period of time.

What is anxiety? Anxiety is your body's response to stress and can occur even when there is no immediate threat.

If this anxiety does not go away and starts to interfere with your life, it can affect your health. The test will tell you whether you feel stress or anxiety and how you deal with them. Give the highest score to the statements that apply to you and the lowest to those that do not apply to you at all.

**1 - this statement does not apply to me at all**

**2 or 3 - this statement applies to me in some situations**

**4 or 5 - this statement applies to me**



**6 - this statement applies to me perfectly**

Enter points in the column to the left of the statements.

POINTS	Q. NUMBER	STATEMENT
	1	Life is stressful
	2	I have trouble sleeping
	3	Nothing good happens to me
	4	I reach for alcohol
	5	I feel a stabbing pain in my heart
	6	I identify and challenge negative thoughts
	7	My stomach hurts
	8	I play online or gambling games instead of focusing on the problem
	9	I take time to relax and unwind
	10	I have difficulty breathing
	11	I go to sleep instead of trying to solve the problem
	12	I meditate
	13	My mouth is dry
	14	I drink a lot more coffee than usual
	15	I do mindfulness training
	16	It's too hard
	17	I focus on the resources needed to resolve the situation
	18	I can see the potential benefits of the situation
	19	I buy a lot more unnecessary things than usual
	20	I do breathing training
	21	My head hurts
	22	Difficulties always fall only on me
	23	I have worryingly low or high blood pressure



	<b>24</b>	I can't handle it
	<b>25</b>	I don't eat anything or I limit my food significantly
	<b>26</b>	I cut myself off from my friends
	<b>27</b>	I'm afraid that nothing good will ever happen to me
	<b>28</b>	It's definitely a stroke

**Summarise the test results according to the numbering in the table:**

PSS - physiological and somatic symptoms of stress

UT - unhealthy thoughts, dysfunctional assumptions, negative thinking

DB - dysfunctional behaviours in coping with stress

HB - healthy behaviours in dealing with stress

**The reaction scale of coping with stressful, crisis and problem situations:**

**0 - 12 points - low**

**13 - 18 points - average**

**19 - 32 points - good**

**33 - 36 points – high**

Remember that in PSS, UT, DB a low result is preferred as a healthy one and a high result in HB. Such results indicate healthy styles of coping with stress.

<b>PSS</b>	<b>UT</b>	<b>DB</b>	<b>HB</b>
2	1	4	6
5	3	8	9
7	16	11	12
10	22	14	20
13	24	19	15
21	27	25	17
23	28	26	18