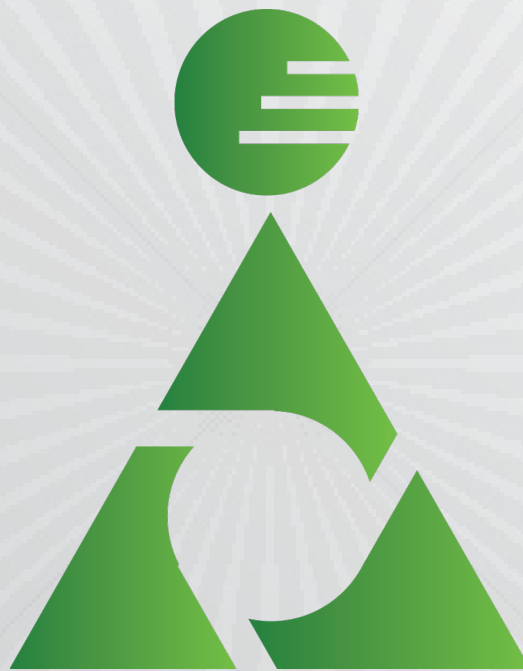




STRESS MASTERY REPORT

for

JOHN SMITH-EXAMPLE



STRESSMASTER[®]
INTERNATIONAL



YOUR STRESS MASTERY REPORT

Thank you for completing the Stress Mastery Questionnaire (SMQ). The SMQ is a way to help you better understand your stress and what you can do to reduce and master stress. The SMQ is not a psychological test. It is an educational and self-awareness tool to help you find a way to live a life of less stress for greater quality of life and peak performance.

Your Stress Mastery Report is determined by how you answered the questions on the SMQ by comparing your scores with the “norm” group. The value of the Stress Mastery Report for you will be based on how accurate and honest you were when you took the SMQ. Many things can affect how you answered the questions, such as your mood, time pressure, health issues, current life stressors, and work load. The Stress Mastery Report provides information about how stress may be affecting you in three main areas:

- **Stress Warning Signs** - Behaviors and attitudes that often reflect stress both outward and inward
- **Stressors** – Triggers, such as people and events, that often produce a stress response
- **Stress Effects** – Physical and emotional effects of stress

Scoring HIGH on one or more scales does not necessarily put one at “stress risk;” however, research shows that people who scored MED-HIGH to HIGH on one or more scales have a greater probability of having stress related physical and other life-style issues than those who scored lower. The determination of whether or not your are at “risk”, or if should do something about a given stress area, is a personal one and should be based on careful consideration of each area, your specific scores on each question, as well as in discussion with a coach, counselor, trainer, close friend or family member.

To get started, review your overall risk scores on the 11 SMQ scales, as well as how you responded to each specific question. Scores of 4 or 5 for any question should be a flag to look deeper into the meaning of why you choose to answer a question a certain way and what the meaning for that score is for you. After consideration, you may decide that there are areas where you want to make some personal changes. Great! This may be an opportunity to solve some issue or reduce stress in a specific area. As always, if you feel your stress is causing you physical, emotional, interpersonal or health related problems, see professional help immediately.

If you are in distress, depressed or feel like hurting yourself or others, seek professional help immediately or call 911. The SMQ and related materials are not a substitute for medical or psychological help and does not prescribe or treat mental or physical health problems.

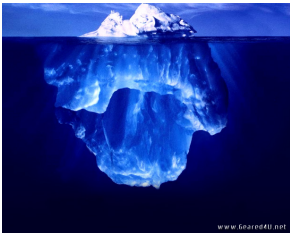
Thank you.

James C. Petersen, Ph.D.
CEO & Founder
Stressmaster International

INTERPRETING YOUR RESULTS

[Click Here to Watch a Video on
“Understanding Your Stress Mastery Report”](#)

#1 - SEE THE BIG PICTURE



The first step is to take a “big picture” look at your scores on each scale. What you see may only be the tip of the iceberg! Look at your SMQ scales and take note of the scales where you scored the highest, such as High to Medium High Risk. If you scored Medium to Low on all scales...GREAT. You’re probably mastering your stress quite well. But, if you scored Medium to High one or more scales, it may be time to take steps to change how you perceive and respond to life and work stressors. Only you can change how you feel.

Ask yourself, “which areas are my main stress warning signs?” For example if you scored High on Anger, ask, “How would I feel, if I wasn’t so angry and frustrated with others all the time?” Chances are you’d feel a lot better! The key to mastering stress is to become aware of the behaviors and attitudes that reflect your inner stress and outward expression of that stress so that you can take action to prevent stress from getting worse. Stress mastery is not about changing your world or the people in it, even if they need to be changed, but in learning how to respond to problems, people and events that you don’t like or wish they or it didn’t happen.

#2 - IDENTIFY YOUR HIGH to MEDIUM HIGH “RISK” AREAS



After reviewing your risk scores on the 11 scales, focus on the specific questions where you scored High (4 or 5). The higher the score, the greater the “risk” that stress may be adversely affecting you and/or others. Ask these questions:

***Did I score this correctly?
Was I honest with myself?
Should the score be higher or lower?
Does this reflect who I am right now?
Is it a problem for my health or productivity?
What does this question mean to me, family and co-workers?
What can/should I change so that I have less stress?***

Also, see the positive. Look at each of the SMQ scales and the questions on which you scored Low (1 or 2). Think about and reflect on the meaning of that low score. Generally, low scores indicate strength and good stress mastery skills. Not all stress is bad; some stress is even good and motivating to improve performance and staying focused. A balanced approach is usually best.

#3 - DIG DEEPER



Many times people answer a question one way and then would like to change their response later. Think about each question where you scored high or medium high and ask if it is accurate? Change your response if you feel that it would be more accurate with a lower or higher score. Likewise, review the Medium Scores to see if they should be higher or lower. And, finally, go over the Low to Medium Low scores and make any changes necessary. Review all of the questions and how you responded to them and change them to reflect a better perspective. The result will be a better awareness of the key areas and behaviors (physical and mental) that you should attend to.

#4 - GET ANOTHER PERSPECTIVE



Share the results of the SMQ with someone you trust and who can give you their honest feedback. Be open and non-defensive. Sometimes we are not the best judge of our behaviors and others will see you differently. No one is perfect and most people, even very successful people, experience stress. As you may see, your view of yourself can be quite different than how others see you. As there are no right or wrong answers, by seeking input from a companion, family member or close friend can lead to a more comprehensive understanding of how you handle stress and can lead to positive solutions as discussed in the Stress Mastery Guide & Workbook.

#5 - TAKE ACTION



Taking the SMQ is the first step. The second step is identifying those areas in your life/work that are causing you stress and to learn about evidence-based ways to reduce, manage and master stress right now. This is accomplished through training and coaching and by the Stress Mastery Guide & Workbook. The Guide & Workbook will be provided to you in the near future from your coach or trainer, or via a link sent to you by email. Use the Guide & Workbook to dive deeper into understanding your stress, the meaning of each of the SMQ Scales, and how to manage and master stress using proven effective tools and techniques.



If you are in a stress management training or coaching program, please discuss the results of the SMQ and the meaning of each scale with your counselor, coach or a stress mastery trainer. Having someone to work with can help you isolate what needs to change, improve your ability to create a plan for change, and move in a direction that not only helps you reduce stress, but can prevent stress from dominating your life. If you are not in a stress mastery program, consider seeking out a trained professional to help you learn how to control and master your stress. The SMQ is not a substitute for good health and mental health assistance. If you are in a crisis, call 911.