

## STRESS RESPONSE SELF-STUDY

Select a PERIOD OF TIME that  
you will focus on: \_\_\_\_\_

Part A) Rate your performance on the following:

**1 = POOR**

**10 = OPTIMAL**

1) ... being aware of my stress level, monitoring it for signs of good stress or distress.

1      2      3      4      5      6      7      8      9      10

2) ... communicating with my teammates and/or coach(es) about my stress level.

1      2      3      4      5      6      7      8      9      10

3) ... identifying stress factors **outside my control** and making an effort to let go of them—to not allow them hinder my performance.

1      2      3      4      5      6      7      8      9      10

4) ... identifying stress factors **in my control** and focusing on what I can do better or differently to prevent distress.

1      2      3      4      5      6      7      8      9      10

5) ... recognizing stress among my teammates and making an effort to support them.

1      2      3      4      5      6      7      8      9      10

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Part B) List what you could do **BETTER or DIFFERENTLY** in the future for more optimal **stresss response**: