Managing Stress

For this assignment, you will be assessing your susceptibility to disease as a measure of both your stress level and your health habits and answering questions regarding these measures and Chapter 14 (you will want to read Chapter 14 thoroughly before beginning this activity). First, take either the The Holmes-Rahe Scale or the Undergraduate Stress Scale (depending on which better applies to you). Then, take the Health Beliefs and Coping scale found in handout #3 on the instructor’s webpage. After you have calculated your score on both of these measures, answer the following questions:

1. What do you think the relationship between your stress level and your health beliefs is?
2. If you scored high (or were to score high) on the first measure (# of stress-inducing events), then what does your score on the health beliefs measure indicate about how likely it is that you will experience a serious illness?
3. Regardless of your score on either measure, discuss steps you would take to reduce your likelihood of getting sick in the next year (use as much information from chapter 14 as you can to answer this question).

THIS ASSIGNMENT SHOULD BE AT LEAST 1-1 ½ PAGES LONG, DOUBLE-SPACED, AND TYPED!!! IT IS DUE ON THE DATE INDICATED ON THE WEBSITE!!!