What is your stress mindset?

How often do you say, “This is so stressful?” or “I’m so stressed?” In each of these moments, how you think about stress can alter your biochemistry and how you respond to whatever has triggered the stress.

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| **Beliefs** | **1 –** Strongly Disagree **5 -** Strongly agree |
| Experiencing stress depletes my health and vitality | 1 - 2 - 3 - 4 - 5 |
| Experiencing stress debilitates my performance and productivity | 1 - 2 - 3 - 4 - 5 |
| Experiencing stress inhibits my learning and growth | 1 - 2 - 3 - 4 - 5 |
| The effects of stress are negative and should be avoided | 1 - 2 - 3 - 4 - 5 |
|  | Total Score = |
| Experiencing stress enhances my performance and productivity | 1 - 2 - 3 - 4 - 5 |
| Experiencing stress improves my health and vitality | 1 - 2 - 3 - 4 - 5 |
| Experiencing stress facilitates my learning and growth | 1 - 2 - 3 - 4 - 5 |
| The effects of stress are positive and should be utilized | 1 - 2 - 3 - 4 - 5 |
|  | Total Score = |

To get to know your stress mindset, start to notice how you think and talk about your stress. Because a mindset is like a filter that colors every experience, you’ll probably discover that you have a standard way of thinking and talking about stress. What do you say out loud or think to yourself? (McGonigal- my own stressed out mantra, before I started to seriously rethink stress, was “This is too much!”) Notice how thinking about your stress in your habitual way makes you feel. Does it motivate you? Inspire you? Exhaust you? Paralyze you? How does it make you feel about yourself or your life?

There is no “ideal score” the idea is to build some self-awareness around which number was higher, the first 4 mindset statements vs the second 4 mindset statements. Consider how that might impact how you respond to stress.

Kelly McGonigal PhD, The Upside of Stress: Why Stress is Good for you and how to Get Good at it, 2015

Kelly McGonigal – How to Make Stress Your Friend

<https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend?language=en>