

# What's My Stress Type?

Read each of the following statements below, and think about the stressful situations, meetings, and conversations at work during the past month. How true are these statements as they relate to those situations? Circle the number that best represents how true each statement is.

1      2      3      4      5      6      7      8      9      10  
None of the time                      Some of the time                      All of the time

1 I can quickly **recognize** when a situation makes me feel angry, scared, or overwhelmed.

1      2      3      4      5      6      7      8      9      10

2 I can **communicate** clearly, confidently, and persuasively, even when stressed.

1      2      3      4      5      6      7      8      9      10

3 I can always **see** a situation from another person's view.

1      2      3      4      5      6      7      8      9      10

4 I **bounce back** quickly after colleagues or situations make me feel angry, scared, or overwhelmed.

1      2      3      4      5      6      7      8      9      10

5 I easily and quickly **let go** of stress and tension in my body.

1      2      3      4      5      6      7      8      9      10

6 I have an effective, stepwise **plan** for problem solving in stressful situations.

1      2      3      4      5      6      7      8      9      10

7 I can easily tap into **gratitude** and the **big picture** of what's important, even in stressful situations.

1      2      3      4      5      6      7      8      9      10

8 I have **support people** who help re-center me after a stressful conversation.

1      2      3      4      5      6      7      8      9      10

# What Your Score Means

## **A score between 8 and 25: Reactive and Off Balance**

You know stress well! Stressful situations, meetings, and colleagues can knock you off balance, affecting productivity and relationships, and hindering confident communication and conflict resolution.

Shift your stress response from reactive to controlled. Understanding how the brain reacts to stress is key to changing habits.

Start with tools to tap into calm, center your body, and quiet your mind. Mastering these skills increases cognitive capacity, helping you see opportunities in conflict and brainstorm broader solutions.

## **A score between 26 and 55: Courageous and Committed**

When handling stressful situations, conversations, and colleagues, you have strategies that work. Yet, there's room to become more resilient. Perhaps you're aware of stress but feel it lingers in your body. Or, you'd like to see situations from another's perspective, build a support system, or try new communication strategies for buy-in.

Identify which parts of your stress response work and which need attention. Then build on strengths while creating an action plan to improve.

## **A score between 56 and 80: Agile and Adept**

You've gained experience handling stress, and it shows. You approach difficult conversations and colleagues with a plan, often communicating confidently and calmly. People likely see you as a role model!

Next: clarify your stress response process so you can teach and mentor others to respond clearly, confidently, and calmly. Reflect on who you are as a leader under stress—your values, mission, what people can count on you for, and the actions you'll take to support others.

Want help managing stress? Email me at [Deb@DebElbaum.com](mailto:Deb@DebElbaum.com)