



*Pro-Active***StressCheck**[™]

Profile Analysis
and
Action Plan

for

Jane Fonsley
30-Mar-2004
Sample Inc

This profile is a personalised report of the nature of your current level of stress responses and wellness in five areas:

- 1 - Elevated Psychological Reactions
- 2 - Lowered Psychological Reactions
- 3 - Elevated Physical Reactions
- 4 - Lowered Physical Reactions
- 5 - Optimal Wellness and Optimal Human Performance

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About Your *Pro-ActiveStressCheck* Report

This report is not intended to be the final authority as to your physical and psychological health when you are in stressful situations. It is provided as a comparison of your responses with others who score in a similar range. It is recommended that you share this report with your healthcare practitioner to obtain his or her input and a more detailed evaluation. It is also urged that you consult your healthcare practitioner before beginning this or any other physical activity program.

This report is unique because it not only identifies the stress responses but provides Action Plans to assist you in becoming an Active Agent in your quest for Optimal Performance. By showing you the strengths of your coping style as well as Action Plans for continuous improvement, this document may become an important guide for you in the areas of job performance and optimal personal health care.

This report document will not 'fix you.' It will not 'cure you.' This report provides the beginning of a pattern of evidence that you may use in your own healthcare and wellness. This pattern of evidence is useful only to the extent that you choose to become an Active Agent in your own health care. As you become the Active Agent, you begin to establish new patterns of evidence aimed toward a healthier lifestyle.

Actively Reading Your Report

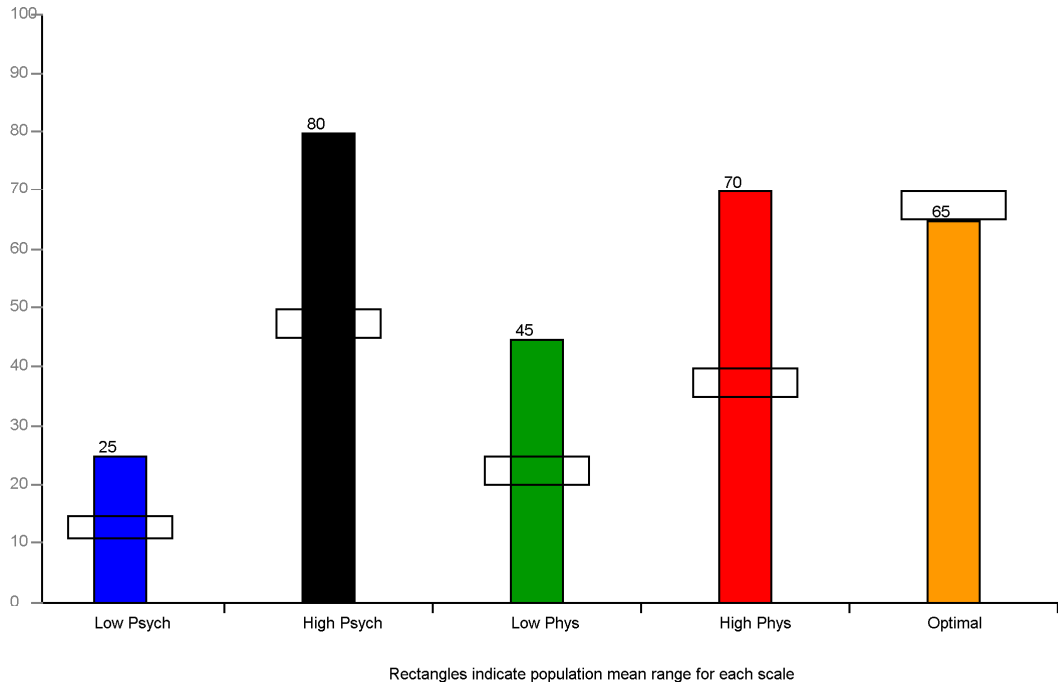
For each of the 5 areas of wellness and stress response you will be presented with:

- A definition of the stress response
- Your score in terms of the general population
- Symptoms that you may have experienced
- A list of environment climates or external events which increase this response to stress
- An individualised list of Action Plans which may assist in reducing this response
- An area for your own notes or notes arising from your discussions with your healthcare practitioner

The Symptoms, Environment and Action Plan lists are the areas in which you can begin planning your wellness strategy. Check those boxes that apply to your current situation. Take charge of your wellness by being an Active Agent for your own development.

We have taken great care in the construct of this report to provide your own scores as you compare with others. Statistical validation and treatments are updated frequently to provide the most reliable information possible. We hope that the information herein will be of enormous value as you continue toward your goals of optimal wellness and optimal performance.

Your *Pro-ActiveStressCheck* Profile Chart



Using the information contained in this report document, your goal is to reduce the height of the first four columns and raise the height of the last column. Follow the Action Plans and Optimal Wellness information written specifically for you to help achieve these goals.

Stress Area #1: Lowered Psychological Reactions to Stress



Lowered psychological reactions may occur when there is a mental stress underload. The most common name for this is boredom. It results from having too few mental challenges in the home or work setting. The lack of sufficient mental stress produces lowered psychological responses. Some of these symptoms may also accompany the lowering of one's self-image or self-confidence. Both depression and lack of self-confidence may be the result of receiving insufficient rewards for your efforts. As a result, one's efforts may decrease even more, receiving even fewer rewards, and a downward spiral begins.

Although somewhat rare in the general population, these reactions occur when the individual's job, home, or other environment provides insufficient stimulation, motivation, or energy to achieve the Optimal Performance level.

Your Stress Response

The Intensity of your response on this scale of Lowered Psychological reactions to stress shows that 80% of the population scored lower than you did on this scale.

This means, Jane , that your score of 25 is above the middle range on this stress dimension.

Symptoms of Lowered Psychological Reactions



Check those symptoms that you would confirm as active symptoms for you when under stress.

- | | |
|--|--|
| <input type="checkbox"/> Social withdrawal | <input type="checkbox"/> Less talkative than usual |
| <input type="checkbox"/> Slowed thinking ability | <input type="checkbox"/> Pessimistic attitude about the future |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Insomnia or hypersomnia |
| <input type="checkbox"/> Little intellectual stimulation | <input type="checkbox"/> Difficulty in responding to intellectual challenges |
| <input type="checkbox"/> Feelings of inadequacy | |

Environmental Climate of Lowered Psychological Reactions



Check those climates that you would confirm as active climates for you in your current environment.

- Working at a job that fails to provide intellectual stimulation and challenge.
- During an inactive retirement, layoff, or quiet period from a job that provided intellectual stimulation and enrichment.
- Any chronic environmental situation that lacks intellectual, social or emotional stimulation.
- In an isolated social situation, where the chance of increased social interaction is low.
- In any job or home environment that lacks intrinsic or extrinsic motivational factors.



Pro-ActiveStressCheck Action Plans for Lowered Psychological reactions to Stress

The following Action Plans are designed to help break the downward spiral.

- ★ **Do something nice for yourself each day.**
Make a list of all the activities you enjoy doing, and choose a fresh activity each day.
- ★ **Increase your intellectual challenges.**
Buy a new book, begin an on-line or home study course, or if you need additional social interaction, an interesting evening course at a local community college or other source of educational enrichment.
- ★ **Increase your socialisation.**
Plan some social activities involving your friends; or go out of your way to make new friends. Share your time and talents with your friends and increase the number of social outings and activities. Volunteer at a local community program.
- ★ **Change your image.**
Change your hairstyle, Buy a new outfit of clothing, then ask a special friend out to lunch or dinner; or do something that will give a boost to your self-image and build your self confidence.
- ★ **Don't be afraid to take risks**
If you are anxious about meeting new people, then go out of your way to speak to someone, perhaps at a party or community gathering. Use positive eye contact, and smile as you greet others. You will appear more self-confident, and that will increase your self-confidence.

Your notes, or notes from discussion with your healthcare practitioner:

Stress Area #2 Elevated Psychological Reactions to Stress



These types of stress reactions occur whenever there is the perception of too many sensory 'inputs' demanding one's attention. These may come in the form of messages to be answered, lists of things to do, many questions from other people, etc. All of the messages need to be handled and deserve a response. It is impossible to answer them simultaneously, and if done quickly – none of the messages get an effective response. One key to success with this form of reaction is to begin to assign priority to the various inputs, then deal with the most important ones first, putting lesser problems aside for a later time.

This series of stress responses are statistically most common among the general population, and are commonly called 'worry'. These stress reactions occur whenever there exists a 'sensory overload' of information needing processing and immediate response. When this occurs, the individual may feel overwhelmed by too many things happening at one time - causing thought racing, worry, and anxiety.

Your Stress Response

The pattern and intensity of your responses in this area indicate a score of 80 which means that you scored higher than 99% of the population.

That is, your score, Jane, is higher than average. The population average on this scale is highest of any of the four scales measured, and this may also be your highest score.

Symptoms of Elevated Psychological Reactions



Check those symptoms that you would confirm as active symptoms for you when under stress.

- | | |
|--|---|
| <input type="checkbox"/> A general feeling of sensory overload. | <input type="checkbox"/> Chronic series of anxious or worrisome thoughts. |
| <input type="checkbox"/> Significantly more talkative than usual. | <input type="checkbox"/> Thoughts becoming fixated on one idea only. |
| <input type="checkbox"/> Insomnia, or decreased need for sleep. | <input type="checkbox"/> Thoughts racing |
| <input type="checkbox"/> Rapid jumps from one theme of thought to another unrelated theme. | <input type="checkbox"/> Psychological restlessness. |
| <input type="checkbox"/> Reduced ability to recall well-known information. | <input type="checkbox"/> Sensation of the mind 'going blank.' |

Environmental Climate of Elevated Psychological Reactions



Check those climates that you would confirm as active climates for you in your current environment.

- Being in a situation with a sudden change, shock, or unexpected event.
- A job where the individual is bombarded with a variety of inputs that may temporarily exceed the human processing capacity.
- Having to make many decisions simultaneously, and having underlying worries about the quality of those decisions.
- Feelings of apprehension related to job performance or evaluation.
- A sense of worry or haste about some aspect of the home or job environments.
- A perception of loss of control over a situation.
- This reaction to stressful situations is statistically the most common, and may occur through any number of stressors causing what is generally termed worry, apprehension, or anxiety.



Pro-ActiveStressCheck Action Plans for Elevated Psychological reactions to Stress

The Action Plans below may be helpful in building a new pattern of responses.

- Do not allow others to waste your working time.**
Politely excuse yourself from unnecessary interruptions, and non-productive phone calls and conversations.
- Plan to delegate some work or decisions.**
All organisations should have a structure in which an employee has the right to delegate and share work or decisions with others if that person is overloaded.
- Prioritise the inputs.**
Many key decision-makers in organisations will assign number-values, (e.g. from 1 to 4), to incoming messages. A #4 priority can wait until later, #2 needs to be dealt with soon, and #1 must be handled immediately, or as soon as possible. Begin your day by ranking your priorities, and taking them one at a time.
- Managing time**
Anticipate times of input congestion and plan for them by performing routine duties such as answering phone messages before those peak input times. Assign at least some time each day when you cannot be interrupted by unscheduled visits or phone calls.
- Remember that human performance deteriorates after four or five hours.**
Begin to regularly take short relaxation breaks during the day. Some breathing or stretching exercises may be helpful, walking around the block, looking out of the window, or any activity to briefly get your mind off your work. You will become more productive after the change of pace.
- Adjust your expectations.**
Don't expect all of your work to be completed at the end of every workday. Accept the fact that there may be very few working days when all work is completed, and all desks are cleared.
- Examine your work habits.**
Notice the many small items that seem to take up much of your time, and determine if they are worth expending that much time. You may save time by memorising a few items that you have to look up frequently, or you may save mental time and space by not memorising other less frequently needed information.
- Focus your concentration on the present task.**
Doing more than one thing at a time, or thinking about many things at once, will only dissipate your mental energy.

Your notes, or notes from discussion with your healthcare practitioner:

Stress Area #3 Lowered Physical Reactions to Stress



Lowered Physical reactions to stress occur when the individual's job, home, or other environment provides insufficient physical stress or insufficient demands on physical capabilities. The result is an environmental situation that does not provide for optimal stress levels, and does not provide for adequate rewards. Therefore, depression, lethargy, or boredom may fuel a downward spiral.

This stress response is somewhat rare, and as a result it is ignored by most stress instruments in the marketplace. Since these responses do occur, they are important to illuminate to our clients.

Your Stress Response

The intensity of your responses, Jane, indicate that your score of 45 occurs in the upper ranges of percentile scores. Your percentile rank indicates that 99% of the population score lower than you did on this scale.

Symptoms of Lowered Physical Reactions



Check those symptoms that you would confirm as active symptoms for you when under stress.

- | | |
|--|--|
| <input type="checkbox"/> Apathy. | <input type="checkbox"/> Feeling slowed down. |
| <input type="checkbox"/> Low energy or chronic fatigue. | <input type="checkbox"/> Sexual frustration. |
| <input type="checkbox"/> Restriction of involvement in pleasurable activities. | <input type="checkbox"/> Possible minor destructive behaviour or displacement. |
| <input type="checkbox"/> A mediocre or careless attitude about the job. | <input type="checkbox"/> Decreased effectiveness at home, school, or work. |
| <input type="checkbox"/> Hypersomnia (increased sleeping). | <input type="checkbox"/> Lethargy. |
| <input type="checkbox"/> Difficulty in beginning new projects. | |

Environmental Climate of Lowered Physical Reactions



Check those climates that you would confirm as active climates for you in your current environment.

- Living or working in an absence of environmental sources of physical activity, such as parks, health clubs, recreational facilities, etc.
- Working or living in a situation that provides few physical or psychological rewards.
- The individual not seeking physical activity or exercise as an outlet.
- Being in an isolated living or working environment.
- A work setting providing little activity, and much repetition.
- A sedentary job or lifestyle that the individual does not attempt to overcome.
- During an inactive retirement, lay-off, or down-time from an active job.



Pro-ActiveStressCheck Action Plans for Lowered Physical reactions to Stress

To break this trend, one may need to add to the stress level by any one or more of the following Action Plans.

- ★ **Change physical workload.**
Get a part-time outside job, investigate a new hobby involving physical activity, set some new goals and then work to achieve them.
- ★ **Join a physical activity group.**
Men and women may find many activities with which to become involved at a local health club or fitness center. Check around your local area for one that might meet your needs.
- ★ **Change the environment.**
Look around at your living, working, and social environments for things to change into more interesting or motivating situations. Redecorate a room, throw a party, rearrange your office, or any other environmental change that would increase your activity level and provide motivation.
- ★ **Vary your work routine.**
Rather than completing all of the non-physical or sedentary work at one time, perhaps take several hours, trying to vary the routine so that your periods of inactivity are reduced. For example, make some phone calls or e-mails to clients, file some documents, then visit clients or others in the organisation on business matters, return to check routine accounts, attend meetings, etc. in this way your work activity might be varied enough to reduce or prevent the stress underload.
- ★ **Change of pace or scene.**
Plan an outing such as a day-long trip to the beach, mountains, forest preserve, zoo, museum, or art gallery. Plan to go to new locations, to the city, the country, the theatre, or any new and refreshing activity.
- ★ **Learn a competitive sport or activity.**
Choose something that involves interaction with others. Racketball, handball, tennis, table tennis, bowling, or any team sport may be ideal.
- ★ **Seek new challenges.**
Look for ways to add to your workload or increase your physical activity. Look at the 'Characteristics of Stress Seekers' at the end of this report. Choose any of those ideas that appeal to you in an attempt to increase physical stress levels.

Your notes, or notes from discussion with your healthcare practitioner:

Stress Area #4 Elevated Physical Reactions to Stress



Elevated physical reactions are caused by arousal of the sympathetic branch of the autonomic nervous system. These wide-ranging bodily changes are given the general title of 'anxiety.' This is a significant portion of the 'fight-or-flight' stress response that you have learned about through many other sources. The autonomic nervous system has a reciprocal branch called the parasympathetic branch that is responsible for producing the 'relaxation response.' It is possible, through practice, to produce a variety of relaxation responses when we sense the onset of a stress response. When you learn the skill of producing high-level relaxation responses as you begin to sense the onset of stress, you will have significant tools to reduce or eliminate the anxiety spiral.

Elevated physical reactions to stress occur when the body over-reacts to changes, decisions, or the pace of daily functioning on the job. These wide-ranging physical reactions may present symptoms listed below. This stress area is the second most common in the general population, and ranks just under the Elevated Psychological reactions that are the most common in society.

Your Stress Response

The pattern and intensity of your responses on this stress scale, Jane , indicates that your score of 70 occurs significantly above the national average.

Your score percentile rank indicates that 99% of the population scored lower than you did on this scale.

That means this is probably a significant area of stress for you, and that you could benefit yourself by becoming an active agent in reducing some of the effects of this stress area.

Symptoms of Elevated Physical Reactions



Check those symptoms that you would confirm as active symptoms for you when under stress.


- | | |
|---|--|
| <input type="checkbox"/> Dizziness, or lightheadedness | <input type="checkbox"/> Nausea |
| <input type="checkbox"/> Increased blood pressure (hypertension) | <input type="checkbox"/> Headaches |
| <input type="checkbox"/> Mouth drying | <input type="checkbox"/> Blurred vision |
| <input type="checkbox"/> Increased heart rate (tachycardia) | <input type="checkbox"/> Respiratory changes, uneven breathing, or labored breathing |
| <input type="checkbox"/> Increased perspiration, flushing, or hot flashes | <input type="checkbox"/> Trembling, or loss of muscular control |
| <input type="checkbox"/> Muscular tension | |

Environmental Climate of Elevated Physical Reactions











Check those climates that you would confirm as active climates for you in your current environment.

- Having a variety of stimuli bombarding the individual. All of the stimuli perceived as needing immediate attention
- Feeling compelled to perform a great quantity of work at an unrelenting pace
- A sense of haste regarding various aspects of the job
- Living with the continued awareness of what else must be done
- Having to make many decisions simultaneously
- Any job where one might feel physically & mentally 'stressed out'
- The work environment placing excessive physical and psychological demands upon the individual.



Pro-ActiveStressCheck Action Plans for Elevated Physical reactions to Stress

The exercises below will help build relaxation skills.

-  **Relaxation of hands and lower arms.**
Simultaneously straighten the fingers of each hand and pull back the wrists, notice the tension, now RELAX. Sense the difference between tension and relaxation. Absorb the RELAXATION response. Clench your fists and curl your wrists inward, hold five seconds, inhale and hold five seconds more, then RELAX. Sense the difference between tension and relaxation, and absorb the RELAXATION.
-  **Relaxation of shoulders.**
Shrug your shoulders high, trying to touch your ears with your shoulders, hold five seconds, inhale and hold five more seconds, then exhale and RELAX your shoulders simultaneously.
-  **Breathing exercises.**
Inhale as deeply as possible, hold five seconds, then exhale. Repeat 3 or 4 times, slowly. Now breathe normally. Concentrate on the air going in and coming out of your lungs, and put everything else out of your mind
-  **Relaxation of arms.**
Straighten your arms against your sides, press in tightly, hold five seconds, then inhale, holding five more seconds, then exhale and RELAX your arms simultaneously. Remain quiet for about one minute and sense the difference between tension and RELAXATION.
-  **Relaxation of head, neck, and face.**
With eyes closed, roll your head around slowly in a full circle; repeat slowly. Now clench your teeth and draw all facial muscles toward your nose, puckering your face, hold seven seconds, then RELAX. Sense the difference between tension and relaxation, and absorb the RELAXATION. Now do a silent scream by pulling your facial muscles outward, mouth open, eyebrows up; hold seven seconds, then RELAX. When finished with each of the exercises on this page, remain quiet for one minute, sensing the RELAXATION.
-  **Relaxation of lower legs.**
Lay down comfortably, and concentrate on the relaxing breathing exercise. Now, moving the ankle joints only, pull both feet up, as if taking them off imaginary gas pedals. Pull until you feel the stretching in your calf muscles, breathe in, hold five seconds, then exhale and RELAX the muscles simultaneously. Notice the feeling and sense the difference between tension and RELAXATION. Now repeat the exercise this time pointing the feet downward.
-  **Leg relaxation exercise.**
Lay down comfortably, and concentrate on the relaxing breathing exercise. Straighten the knees, and press your legs downward into the mattress or floor. Press hard, inhale, hold five seconds, then exhale and RELAX your legs simultaneously. Notice the difference between tension and relaxation; appreciate the RELAXATION. RELAX quietly for a few minutes, focusing on the relaxation response.
-  **Relaxation of trunk.**
Pull the shoulders back, and push the chest forward, take a deep breath, hold for five seconds, then exhale and RELAX shoulders simultaneously. Sense the difference in your shoulder muscles, and absorb the RELAXATION. Pull in the stomach and abdominal muscles, make them flat, inhale, hold for five seconds, exhale, and RELAX. Focus on the relaxation response.

Your notes, or notes from discussion with your healthcare practitioner:

The Ideal Goal:
Optimal Wellness and Optimal
Human Performance



Optimal Wellness and Optimal Human Performance are inseparable. In order to perform at our peak motivation and efficiency levels, one's mind and body need to work in harmony. This is the only scale on the instrument where the higher the score the better the news! The higher your score the closer you are to reporting Optimal Wellness and Optimal Performance, and the better you are able to handle stress. Those who score 80 points or above might actually be considered 'Stress Seekers' who actually thrive on stress. These people know the meaning of 'stress for success' and use stress as their energy fuel.

Your Stress Response

The pattern of your responses on this "good news" scale, Jane , shows that your score of 65 falls within the population average, indicating that 60% of the population scored lower than you did on this good news scale.

This means that you are doing rather well in your pursuit of Optimal Performance.

A majority of people in the sample scored within the range that you scored.

In the list of traits and characteristics below, you may find some Optimal Performer items that may describe you. Other traits may be evaluated and used as goals to achieve.

Characteristics of Optimal Stress Seekers

Some traits of Stress Seekers and Optimal Performers follow.
Use them as goals to aim toward, and to seek as you pursue your own Optimal level.

- ✓ **Optimal Stress Seekers may tend to procrastinate.**
They believe that the occasional added pressure of deadlines helps them to perform better and to increase the quality of their work.
- ✓ **Optimal Stress Seekers are not thwarted by criticism from others.**
Although they will listen to the opinions of others, they will not allow criticism to become a barrier to reach their goals.
- ✓ **Optimal Stress Seekers enjoy active interests, sports, or hobbies that are exciting.**
They will usually not be found in sedentary leisure activity, but rather in active and aggressive ones. Scuba diving, rock climbing, flying, skiing, racketball, tennis, and other sports and hobbies that demand the maximum performance from mind and body working in harmony.
- ✓ **Optimal Stress Seekers turn barriers into challenges needing creative solutions.**
By solving the problems and overcoming the obstacles, they learn to develop self-confidence and resourcefulness.
- ✓ **Optimal Stress Seekers are not afraid to take risks.**
Taking risks provides energy, growth, learning, and a challenge to one's decision-making abilities.
- ✓ **Optimal Stress Seekers frequently introspect and evaluate their direction.**
They strive for a good 'fit' between themselves and the requirements of a project and become totally involved. They are seldom, if ever, bored.
- ✓ **Optimal Stress Seekers continually strive toward self-improvement.**
They are not content with the mundane, or even above average levels of understanding. They strive toward the exceptional.
- ✓ **Optimal Stress Seekers look for job challenge.**
Rather than accepting jobs which are secure, easy, or low stress, they seek jobs that challenge their abilities and skills.
- ✓ **Optimal Stress Seekers are not afraid to make mistakes.**
The fear of making mistakes or failing has kept some people from accomplishing great things.
- ✓ **They have the ability to sense the Optimal Stress Level.**
They are able to balance the stress in their lives very skillfully. Too little stress tends to reduce motivation, drive, and incentive. Too much stress tends to reduce performance and quality control. Optimal Stress Seekers are able to skillfully find the successful middle-ground, and perform there much of the time.