

Free Resources for Students

# SELF-ASSESSMENT TEST



Life CONsequences Free Resources

# Good Self-Care Assessment

Rate each statement with one of the following: 1 – Rarely    2 – Sometimes    3 – Frequently

- I get plenty of rest and sleep 7-8 hours daily.
- I eat healthy foods and regular meals.
- I maintain contact with people who support me emotionally.
- I exercise 30 minutes or more 3-5 times per week.
- I take a break at work every 1 – 1.5 hours to stretch and move around.
- I engage in spiritual activities regularly.
- I play! I do something fun at least once a week.
- I nurture my relationships – call/write/email/visit/talk/date.
- I get outside daily – the fresh air and lush greenery are good for me!
- I use my down time to rejuvenate – do something I enjoy.



## Scoring:

Review your responses and consider the following for each statement.

- 1 – Rarely – Needs improvement - let's talk about how to strengthen this area.
- 2 – Sometimes – Good job! We can come up with ideas to help you be more consistent.
- 3 – Frequently – Great job! Keep up the good work!

We are not a medical, health or certified counselor. We provide resources to help students, we are not medical help. If you are suicidal please contact The National Suicide Prevention Lifeline at 1-800-273-8255

# Stress Assessment

Check any that apply:

- |  |   |
|--|---|
| <input type="checkbox"/> Difficulty sleeping   | <input type="checkbox"/> Inability to relax                                   |
| <input type="checkbox"/> Irritability/easily angered                                 | <input type="checkbox"/> Grinding teeth (day or night)                        |
| <input type="checkbox"/> Relationship problems                                       | <input type="checkbox"/> Muscle tension, soreness, tightness                  |
| <input type="checkbox"/> Impatience  | <input type="checkbox"/> Nail biting, lip biting, etc.                        |
| <input type="checkbox"/> Increase in alcohol/drug use                                | <input type="checkbox"/> Hair twirling/pulling                                |
| <input type="checkbox"/> Changes in eating patterns – loss of appetite or overeating | <input type="checkbox"/> Daydreaming  |
| <input type="checkbox"/> Racing thoughts   | <input type="checkbox"/> Making careless mistakes                             |
| <input type="checkbox"/> Distracted/poor concentration                               | <input type="checkbox"/> Headaches and other pains                            |
| <input type="checkbox"/> Misplacing/losing things                                    | <input type="checkbox"/> Upset stomach, ulcers, IBS                           |
| <input type="checkbox"/> Cursing more than usual                                     | <input type="checkbox"/> Excessive worrying, ruminating                       |
| <input type="checkbox"/> Slamming doors/drawers                                      | <input type="checkbox"/> Fidgeting – bouncing your feet, tapping your fingers |
| <input type="checkbox"/> Forgetting things more than usual                           |   |
| <input type="checkbox"/> Tearful/crying more than usual                              |   |

Scoring:

Count the number of check marks to determine your stress level.

5 or less – Mild stress – try to take it easy.

6 – 10 – Moderate stress – you need to make some changes and learn stress management.

Over 10 – You may be in the danger zone – talk to a medical provider ASAP.

NOTE: These signs and symptoms can be related to serious health or mental health problems. If they are persistent, let's talk about it soon.



# Anxiety Self-Test

Check all that apply to you:

- I feel rushed and pressured a lot.
- I find it difficult to relax.
- I have a paralyzing fear of specific things (bridges, heights, small spaces, spiders, etc.)
- I often feel a sense of dread or impending doom.
- I worry excessively.
- I have difficulty being still – fidgeting, squirming.
- I have trouble falling asleep – can't turn my mind off.
- I think about the same thing, over and over, ruminating about it.
- I have difficulty concentrating due to obsessive thoughts.
- I am hypervigilant – always waiting for something to happen.
- I sometimes have shortness of breath or rapid heartbeat.
- I am afraid to enter a room or interact with people.
- I don't like to leave my home.
- I have trouble making decisions for fear of making the wrong choice.
- I feel nervous much of the time.

If you marked more than four of these statements, you may have anxiety. Some of these symptoms are related to other medical or psychological problems, as well. Contact me to talk more about your responses.

# Resources for Students

## Hotlines for Students in Need

- [National Youth Crisis Hotline: 1-800-448-4663](tel:1-800-448-4663)
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\): 1-800-662-HELP \(4357\)](tel:1-800-662-HELP)
- [National Alliance of the Mentally Ill: 1-800-950-6264](tel:1-800-950-6264)
- [The Trevor Project: 866-4-U-TREVOR](tel:866-4-U-TREVOR)
- [Teen Line: 1-310-855-HOPE \(4673\)](tel:1-310-855-HOPE)
- [National Suicide Prevention Lifeline: 1-800-273-TALK \(8255\)](tel:1-800-273-TALK)
- [National Hopeline Network: 1-800-SUICIDE \(784-2433\)](tel:1-800-SUICIDE)

## Here are a few of the most common and some online professional resources.

- Try your community mental health center. Each state and county have them.
- There Free resources on Mental Health First Aid
- 7Cups – Free option to talk to peer specialists
- Facebook – Search in Groups Mental Health. There are many groups and members to chat with who are going through struggles like you and I.

## Online Services

### Paid Services with professional counselors that can truly help.

- Talk Space
- Online-Therapy.com
- \*\*\* Life Consequence's does have a partnership with Betterhelp. Betterhelp provides 50% off of all professional counseling to students that need counseling.  
[Betterhelp.com/ethanfisher](https://www.betterhelp.com/ethanfisher) (50% of monthly counseling sessions) \*\*\*

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