Holistic Self-Assessment

This self assessment tool can help you look at the effects of stress on your life and things you may be doing to minimize that stress, some positive and some not.

1. Let’s consider some of the ways that feeling stress about your upcoming surgery may affect your well-being. Stress can take many forms: you may feel anxious or depressed, feel tired or restless, or experience sleep or digestive problems.

Circle your answers on a scale of 1 (not experiencing that at all) to 8 (am experiencing that to a great degree).

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2. Now let’s look at ways you may be handling these stress-related issues.

- What types of exercise do you do? ________________________________

- Do you smoke? Yes ( ) No ( ) If yes, how much: __________________

- Do you drink alcohol? Yes ( ) No ( ) If yes, how much: _____________

- Do you take prescription drugs to reduce anxiety and pain? Yes ( ) No ( )

- Do you have any general strategies to help you relax such as taking a walk, listening to music, doing a hobby, exercising, reading a book or talking with a friend?

Please list the things that you do to help you relax?

_______________________________________________________________________
_______________________________________________________________________

Which ones, if any, are working?
• Do you have special healing practices from your culture or your religion that you use?

• Do you regularly practice any of the following relaxation techniques? Check all that apply.

Yoga     ____  Progressive Muscle Relaxation     ____
Guided Imagery     ____  Meditation     ____
Meditation     ____  Tai Chi     ____
Self-Hypnosis     ____  Other _______________________________
Deep Breathing     ____

If so, write down which ones are helping you and how they are helping (such as you’re sleeping better, feeling less tired, are less anxious, or other results).

• Please check those people in the groups below who can support you and help you before surgery and during your recovery:

Significant Other     ( )  Clergy     ( )
Family     ( )  Neighbors     ( )
Friends     ( )  Others     ( )

What are your concerns about your upcoming surgery or procedure? Talking about them to your healthcare professional or a friend or writing them down may help alleviate some of your anxiety.