

# Staying in the Circle of Life

## Native Cancer Survivors Support Group

### Session 2: Stress & Stress Management Pre-Assessment



**PARTNERSHIPS**  
*for* **NATIVE HEALTH**

Thank you for participating in the Staying in the Circle of Life Native Cancer Survivors Support Group! This assessment is a way for us to find out what we are doing well and if there are areas where we can improve. We want to provide the best resources to our partner communities, and this is one way to keep us on track. We estimate that it will take 5-10 minutes to complete this assessment.

**Do not write your name on the assessment.** Your identity will be kept confidential. The data collected will be anonymous, and there will be no identifying information or names used in any reports that result from this evaluation.

**Your participation is voluntary.** You may stop participating at any time during the process. Your services will not be affected by your participation or lack of participation.

If you have any questions during the assessment, please feel free to ask the facilitator for help.

Please take a moment to answer the following questions. Fill in the bubble next to the response that best describes how you feel for each question.

1. Which of the following is not a common symptom of stress?
  - Difficulty concentrating
  - Feeling happy
  - Feeling angry or irritable
  - Not enjoying things you used to enjoy
  - Feeling no sense of purpose
  
2. Which of the following is an example of an unhealthy way to manage stress?
  - Exercising
  - Setting goals
  - Listening to music
  - Sleeping a lot
  - Laughing
  
3. Stress can be a good thing.
  - True
  - False
  
4. Stress is only experienced mentally.
  - True
  - False
  
5. Talking about stress with friends and family could be helpful in managing it.
  - Yes
  - No
  
6. I feel confident that I can identify the common signs of stress that I experience.
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree
  
7. I feel confident that I can control how I handle my stress.
  - Strongly agree
  - Agree
  - Neutral
  - Disagree
  - Strongly disagree