

Profile Features Overview

Coping and Stress Profile®

INTRODUCTION

Introduction: An introduction to the profile and an exploration of the role of stress in our lives.	Page 3
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SECTION I: YOUR STRESS LEVEL

Personal Stress A visual display of the stress level in your personal life. This page identifies your specific stressors in such categories as marriage and family life, health, home, and personal time.	Page 4
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Work Stress A visual display of the stress level in your professional life. This page identifies your specific stressors in such categories as job characteristics, work schedule, and work productivity.	Page 5
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SECTION II: COPING RESOURCES

Coping Resources A snapshot of your strengths or challenges in four areas of coping resources. The graph indicates which resources you have readily available and which you could develop further in both your personal and your work life.	Page 6
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Personal Problem-Solving	Page 7
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Developing Problem-Solving An analysis of your ability to use problem-solving as a coping resource in your personal and work life. This also provides tips on how to improve your problem-solving skills.	Page 9

Personal Communication	Page 10
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Developing Communication A look at your ability to use communication as a coping resource in your personal and work life. This offers tips on how to communicate more effectively.	Page 12

Personal Closeness	Page 13
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Developing Closeness A snapshot of your ability to use closeness as a coping resource in your personal and work life. This also gives tips on developing support networks and trust in others.	Page 15

Personal Flexibility	Page 16
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Developing Flexibility An analysis of your ability to use flexibility as a coping resource in your personal and work life. This offers tips on how to become more adaptable in your approach to life.	Page 18

SECTION III: YOUR SATISFACTION LEVEL

Personal Satisfaction

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Work Satisfaction

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A gauge of your level of contentment and happiness with your personal and work life. This pinpoints areas in which you feel a sense of fulfillment as well as what might be holding you back.

SECTION IV: ACTION PLAN

Your Personal Action Plan

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Your Work Action Plan

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An exercise that helps you to identify which stressors are most prominent in your personal and work life. This allows you to prioritize the daily hassles that need your attention and pinpoint the stressors that you can learn to live with.