

How well can you relax?

Answer the following questions by placing a number on the line preceding each one.
Select the number that best describes your behavior.

3 = Always
2 = Sometimes
1 = Seldom

- ___ 1. Are you able to shut out your worries when you go to bed at night?
- ___ 2. Are you able to take a nap during the day and awaken refreshed?
- ___ 3. Is your clothing well fitting and comfortable?
- ___ 4. Are you able to concentrate on one problem at a time?
- ___ 5. Do you plan your day's activities?
- ___ 6. Do you take time to relax and stretch during the day?
- ___ 7. Do you take time to prevent tension by relieving sustained positions required for your work?
- ___ 8. Do you know how to relax by doing simple movements when you feel yourself becoming tense because of sustained positions?
- ___ 9. Do you check yourself frequently for habitual tension habits such as scowling, clenched fists, tight jaws, hunched shoulders, or pursed lips?
- ___ 10. Do you relax these evidences of tension at will when you find them?
- ___ 11. Do you find it easy to relax so that you sleep easily and deeply?
- ___ 12. Do you know how to release tensions through simple movements so that you can sleep well?
- ___ 13. Do you play with such interest that you become completely absorbed in what you are doing?
- ___ 14. Do you plan your life, so that you can have change of people, scenery, and thoughts?

___ TOTAL POINTS

33-42 indicates a high ability to relax
24-32 indicates an average ability to relax
15-23 indicates a low ability to relax

Schwartz, J. (1992) *Letting Go of Stress*

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