

**Food Safety and Inspection Service**  
**Wellness Training Program**

**Module IV: Personal Review**

1. In reviewing my responses to the checklist on Worksheet One, "Identifying Stress Triggers," I discovered that most of my responses fell in which area?

- Daily Hassles                       Major Events                       Ongoing Pressures

2. My "Stress Signature," as indicated by my responses on Worksheet Two, "Identifying Your Stress Signature," suggests that I am more prone to problems in which of these areas?

- Physical                       Mental                       Emotional  
 Spiritual                       Behavioral                       Relational

3. My physical symptom that concerns me most is \_\_\_\_\_.

4. After completing Module IV, the following effects of stress in my life are a major concern:

A. \_\_\_\_\_

B. \_\_\_\_\_

C. \_\_\_\_\_

5. According to my Holmes-Rahe Life Event score, I have a \_\_\_\_\_ percent chance of having a negative health change within the next year.