Stress Less and Thrive questionnaire

Please rate the following items.
Circle the number that represents how much you agree with each statement.

Items	Strongly disagree (1) to Strongly agree (5)				
I have all the tools I need to work through challenges and stressors.	1	2	3	4	5
I am confident in my ability to manage stress.	1	2	3	4	5
It is easy for me to bring mind-body practices into my daily routine.	1	2	3	4	5
When needed, I can set aside my own current stress or reactions to be present at work or for my family.	1	2	3	4	5
I see the potential behind stressors or challenges that I deal with in my life.	1	2	3	4	5

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