**Stress Reduction Program**

**Quantitative Data**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Participant ID | Pre Program Stress Inventory Score | Post Program Stress Inventory Score | Gender | Age |
| 001 | 30 | 30 | 1 |  |
| 002 | 40 | 35 | 1 |  |
| 003 | 45 | 44 | 1 |  |
| 004 | 43 | 39 | 1 |  |
| 005 | 20 | 22 | 2 |  |
| 006 | 50 | 48 | 1 |  |
| 007 | 30 | 28 | 2 |  |
| 008 | 35 | 35 | 2 |  |
| 009 | 50 | 40 | 1 |  |
| 010 | 25 | 23 | 2 |  |
| 011 | 48 | 46 | 1 |  |
| 012 | 42 | 42 | 1 |  |
| 013 | 49 | 30 | 1 |  |
| 014 | 38 | 32 | 2 |  |
| 015 | 37 | 36 | 2 |  |
| 016 | 28 | 28 | 1 |  |
| 017 | 45 | 40 | 2 |  |
| 018 | 45 | 46 | 1 |  |
| 019 | 39 | 33 | 1 |  |
| 020 | 40 | 40 | 1 |  |
| 021 | 27 | 27 | 1 |  |
| 022 | 50 | 39 | 2 |  |
| 023 | 41 | 38 | 2 |  |
| 024 | 47 | 44 | 1 |  |
| 025 | 39 | 36 | 2 |  |
| 026 | 36 | 29 | 1 |  |
| 027 | 31 | 29 | 1 |  |
| 028 | 50 | 40 | 1 |  |
| 029 | 44 | 44 | 2 |  |
| 030 | 48 | 44 | 1 |  |

**Notes.** Stress Inventory scores could range from 10-50 points (10-20 points very low stress; 21-30 points low stress; 31-40 moderate stress; 41-50 high stress). Gender 1=Female; 2=Male

**Stress Reduction Program**

**Qualitative Data**

These are excerpts from post program interviews with five participants.

**Participant #1**

What types of things cause you the most stress?

“Money is my biggest problem, or should I say, lack of money. It’s really paying the bills that causes the stress—trying to figure out what to pay and what not to pay each month. Money causes other stress too because it causes disagreements with my husband and children. My second problem is just being so busy. It seems like I’m always on the run—taking kids here and there, taking care of my mom, working, etc. Who has time for things like exercise?”

How did you cope with stress before the program and how successful were your strategies?

“I usually just separated myself from the situation, you know, went to my bedroom or outside for a minute, and as much as I hate to admit it, I smoked. It didn’t really work because I kept thinking about the problems. I didn’t really have stress reduction strategies; I didn’t even think about being stressed.”

How do you cope with stress now and how successful are your strategies?

“The biggest change is that now, I plan time to relax. At first, it was really hard because I have so much to do, but then I started realizing that I get more done when I have some quiet time each day. I give myself permission to do nothing or read a magazine, just for a few minutes. I really like it. I’m working on quitting smoking too.”

**Participant #2**

What types of things cause you the most stress?

“I don’t have enough time to get everything done. I’m a student, a parent, a wife, and an employee. I keep trying to get organized so that my days will run like clockwork, but something always comes up to change the schedule just enough to make things crazy. One of my kids is having trouble in school too. He’s having trouble catching on to reading, which really worries me. Reading is so important to the rest of his life, and I’m afraid he’ll never catch up. The teachers say not to worry, but I can’t help it. I try to work with him at home but it’s stressful.”

How did you cope with stress before the program and how successful were your strategies?

“Well…if I’m truthful, I guess I ate snacks. It seemed to help if I stuffed something in my mouth; not much, just something like a handful of cheerios or fruit snacks. I didn’t think it was unhealthy, but now I know that there are better ways to cope.”

How do you cope with stress now and how successful are your strategies?

“Now, I spend 20 minutes a day walking. I never would have believed that I could get that into my schedule. When I walk, I don’t allow myself to think about the problems; I think about positive, happy things. It works pretty well. I feel a lot better after the walk and I’m planning to walk longer after a few weeks.”

**Participant #3**

What types of things cause you the most stress?

“Money, money, money; what can I say? Just when I think I’ve got it under control, the car breaks or I need another book for a class. Ugh! “

How did you cope with stress before the program and how successful were your strategies?

“I didn’t cope…I just stressed out. I felt sick to my stomach, a lot.”

How do you cope with stress now and how successful are your strategies?

“I started talking with other people about how they saved money. I was embarrassed at first because I thought I should be able to figure it out on my own. I was shocked; most people work on cutting costs, and they had good ideas. I’m not great at it yet, but it’s better.”

**Participant #4**

What types of things cause you the most stress?

“Listen, I shouldn’t say this, but my biggest stressor is my boss. She thinks I don’t have a life outside of the company. She knows I have kids but doesn’t hesitate to assign me to an evening event. It wasn’t supposed to be this way, but she keeps saying that we have to work as a team.”

How did you cope with stress before the program and how successful were your strategies?

“I just went around mad and I said things I shouldn’t say. Then, I’d feel guilty and eat candy, which made me feel worse. It wasn’t good.”

How do you cope with stress now and how successful are your strategies?

“I made myself go talk with my boss. She said that she didn’t know I was feeling so miserable. I was surprised by that, but we’ll see. Also, I started reading again. I used to read all of the time, but when I got busy, I stopped. The reading helps because I can just escape for a little while. I have to control it though or I’ll read for hours at a time.”

**Participant #5**

What types of things cause you the most stress?

“Things are pretty good. My work and school schedules are working okay and so far, I’m staying within my budget. It’s really the unexpected things that cause me stress, like an extra expense, a bill that’s higher than I thought, or I don’t do well on a project. “

How did you cope with stress before the program and how successful were your strategies?

“I guess I did things like taking a warm bath or exercising. That worked well, but once and awhile I still feel anxious and a bit out of control.”

How do you cope with stress now and how successful are your strategies?

“I still do what I did before, but I’ve tried the breathing exercises we learned in class. They’re pretty good. They really help me slow down, think more clearly, and relax. The best thing is that I can deep breathe anywhere.”