

# Stress FUNdamentals

## Program evaluation

Circle or complete your answers below.

Did you complete the six-week **Stress FUNdamentals** program? YES NO

Do you feel that you are now better prepared to manage your stress than when you started the program? YES NO

**After participating in Stress FUNdamentals, did you:**

Practice stress management techniques? Never Sometimes Frequently Always

Attempt to get seven to eight hours of sleep? Never Sometimes Frequently Always

Laugh more frequently? Never Sometimes Frequently Always

Address your financial issues? Never Sometimes Frequently Always

Strive to balance work and personal time? Never Sometimes Frequently Always

Slow down to enjoy the holidays? Never Sometimes Frequently Always

What did you like about **Stress FUNdamentals**?

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Name one improvement you would make to this program.

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