

Stress Management Questionnaire (SMQ)

James C. Petersen, Ph.D.

Above Every Cloud Is The Sun.

Welcome to the World of Stressmastery,

For over 30 years, the **Stress Management Questionnaire (SMQ)** has been guiding people around the world (over 600,000 to date) to learn more about themselves, how stress is affecting them, and what to do to develop better skills to master stress each and every day. Used in both corporate training programs and by individual coaches and independent trainers, the **SMQ** has become a proven effective stress self-assessment tool for personal growth.

As a stress management professional, you know change starts with some type of assessment; whether formal or informal. I have developed the **SMQ** in my Biofeedback and Stress Management Clinic, through a grant from the National Institute of Occupational Safety and Health, to provide clear information about one's personal stressors, stress effects and the 7 Key Stress Warning Signs. Armed with this knowledge, each person is better equipped to learn how to master stress.

I would like to invite you (at no cost) to evaluate the **SMQ** for possible integration into your own stress management program, clinic or corporate training program. The best way to learn about the **Stress Management Questionnaire** is to take it yourself, first. Then, if you feel the **SMQ** has merit for your program, you can begin to evaluate ways to integrate and implement it as needed. I believe you will find the **SMQ** of significant value for yourself as well as your clients and program participants.

To take the Online **SMQ**, click on the button below. You will be asked to enter your email address to receive a User Id. The User Id will be sent to you via email which you can then place in the space provided. Hit "enter" and the assessment will start immediately.

At the conclusion of the **SMQ**, you will receive a one page Stress Profile showing your "risk" levels on 11 separate, scientifically developed scales in terms of High, Medium or Low Risk. Then, download and print the Stressmaster Guide for a detailed understanding of each scale, what the scales mean and how to begin to master stress based upon one's personal results. This is the same procedure your trainees or clients will experience.

If you want to integrate the **SMQ** into your programs, please feel free to contact me at your convenience. In addition, you may be interested in our Stressmaster Associates program; Associates save money on each administration and can even add new revenue to their own bottom-line. To learn more, just go to our website or, if you prefer, give me a call. If using Skype, email a time and day that would be good for you.

Thank you and I hope to hear from you soon.

Jim

James C. Petersen, Ph.D.
President
Stressmaster

