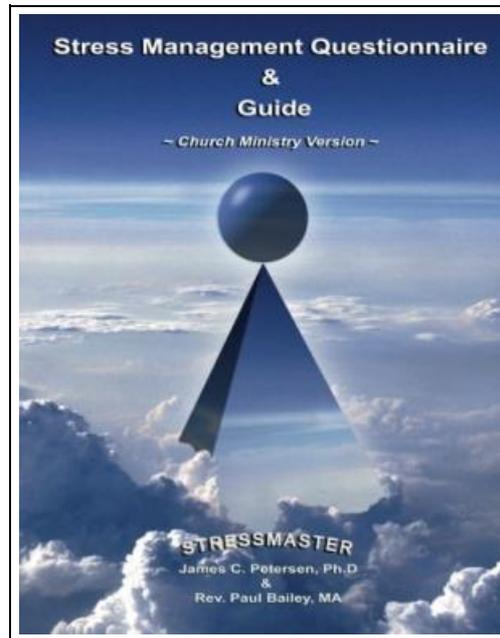


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Assessment and Development Centre, United States, 2014. Paperback. Condition: New. Language: English. Brand new Book. ABOUT The Stress Management Questionnaire - Church & Ministers Version (SMQ-C&M) is a New Version of the original Stress Management Questionnaire. The SMQ-C&M Version has been adapted for use with ministers for themselves as well as for those in their church. The SMQ consists of first a valid and reliable stress "risk" scales, along with a 43 page Stressmastery Guide booklet for personal use. The SMQ & Guide are used in churches and religious organizations to help ministers, pastors, lay people and the congregation to learn about their stress risk levels and to learn how to master their stress and become more stress resilient. HOW IT WORKS. After answering 87 scientifically developed questions, a personal Stress Risk Profile is produced. The profile reveals "risk" from Low to High Risk on the 11 SMQ scales. To obtain one's risk levels on the scales, each person's score is compared to the norm group that was used to establish the SMQ. Examples of the SMQ scales include: Anger, Burnout, Tension, Perfectionism, Time Urgency and 6 more. The Stressmastery Guide for Churches & Ministers is a personal change workbook and is an important part of a stress management or stress resilience program for ministers and lay people. The Guide describes the meaning of each the SMQ scales, what a "Risk" score means and, then, provides detailed, evidence-based suggestions and recommendations for how to master stress. The Guide is a 43 page booklet packed with comprehensive information, techniques and strategies that can be successful in preventing, reducing and managing stress wherever or wherever it may occur. The SMQ-C&M Guide also includes Biblical scriptures that are relevant for each of the SMQ scales. This gives the reader an important Biblical basis for...



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