

# STRESS LESS QUEST

## Post-program Survey



Employer \_\_\_\_\_

**1. This program taught me how to identify stressors in my life.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**2. I learned at least one new technique to manage my stress.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**3. I learned something new about stress in general.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**4. I shared the information with family and/or friends.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**5. I would recommend this program to other people if offered again.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**6. I would participate in the program if offered again.**

☐ Strongly agree ☐ Agree ☐ Neutral ☐ Disagree ☐ Strongly disagree

**7. Please list any suggestions you have to improve this challenge:**

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**8. Please list any ideas for future programs:**

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Thank you for taking the time to complete this survey.

