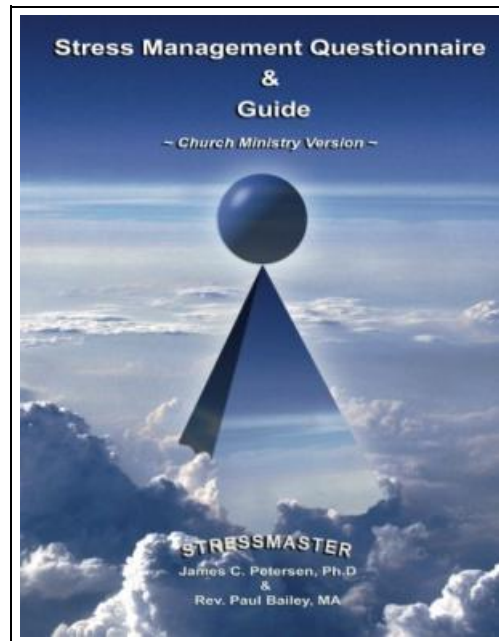


## Stress Management Questionnaire & Guide: Church Ministry Version (Paperback)



Filesize: 6.73 MB

### **Reviews**

*This ebook is definitely worth buying. It is definitely basic but excitement within the fifty percent in the ebook. Its been designed in an extremely straightforward way which is merely following i finished reading this ebook where basically changed me, alter the way in my opinion.*

*(Ward Morar)*

## STRESS MANAGEMENT QUESTIONNAIRE & GUIDE: CHURCH MINISTRY VERSION (PAPERBACK)

[DOWNLOAD](#)

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...

[Read Stress Management Questionnaire & Guide: Church Ministry Version \(Paperback\) Online](#)[Download PDF Stress Management Questionnaire & Guide: Church Ministry Version \(Paperback\)](#)

## You May Also Like



### Pocket Guide to APA Style

Wadsworth Publishing Cengage Learning EMEA Sep 2016, 2016. Taschenbuch. Condition: Neu. Neuware - The POCKET GUIDE TO APA STYLE, 5E is an essential tool for writing research papers across the disciplines. Concise and thorough, the...

[Read Book](#)

»



### Negotiating with Backbone: Eight Sales Strategies to Defend Your Price and Value (Hardback)

Pearson Education (US), United States, 2015. Hardback. Condition: New. 2nd edition. Language: English. Brand new Book. B2B sales professionals: resist mindless discounting, level the playing field against tough procurement organizations, and close the deal on...

[Read Book](#)

»



### Excellence in Life

2008. Hardcover. Condition: New. 250 In late 1980s, I was controlling a large staff, which had their own personal problems, but slowly the staff members started approaching me for guidance, though this was not part...

[Read Book](#)

»



### Design and Development of Low Cost Adsorbents

LAP Lambert Academic Publishing Nov 2013, 2013. Taschenbuch. Condition: Neu. Neuware - Clean and pure water is one of the implicit requisites for a healthy human population. However the growing industrialization and extensive use of...

[Read Book](#)

»



### A Succinct Account of a Machine, Newly Invented for the Cure of PR]Ternatural Curvatures of the Spine: Together with a Detail of Several Cases, in Which This Machine Has Been Tried with Great

Gale Ecco, Print Editions, United States, 2010. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The 18th century was a wealth of knowledge, exploration and rapidly growing technology and expanding...

[Read Book](#)

»