

Building Resilience through Self Expression Using Traditional African Instruments/Rhythms to Relieve Stress
Post Survey

1. On a scale of 1-5, what is your current stress level? (1=Lest Stressful, 5=Most Stressful)

1 2 3 4 5

2. If you experience stress, what is causing your stress?

3. What stress symptoms, if any, did the drumming experience decrease or eliminate after your participation in this activity? Please select all that apply.

- A. Low energy
- B. Headaches
- C. Upset stomach
- D. Aches & pains
- E. Loss of sexual desire/ability
- F. Becoming easily agitated
- G. Low self-esteem
- H. Depressed
- I. Avoidance
- J. Difficulty paying attention
- K. Problems processing information
- L. Difficulty planning
- M. Loss of creativity

N. Other symptoms (please describe):

4. Prior to this quarter, have you participated in a drumming experience like this before? Yes () No ()

5. Please complete the following table to document how what activities you use to relieve stress, how effective these activities are to relieve your stress, and how frequently you engage in them. **Please be sure to include the drumming experience as one of your activities.**

What type of activity do you participate in to relieve stress?	Rate how effective the stress relief activity is in relieving your stress (1 = Least Effective, 5 = Most Effective)	Estimate how frequently you engage in the activity to relieve stress (Daily, Weekly, Twice a Month, Monthly, etc.)
Example: Running	3	Twice a week for 30 minutes
Drumming experience (please specify what instrument you played)		

6. We hope to offer this program again next year. In order to improve experiences for future participants, please feel free to share anything else that comes to mind about what worked and what we can improve. Thank you for your participation and feedback
