

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

**Pre-Survey**

1. What type of stress do you experience in your line of work?

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2. What do you think is causing your stress?

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3. What types of symptoms of stress do you experience? 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. On a scale of 1-5, what is your current stress level? (1=Least Stressful, 5=Most stressful)

1                      2                      3                      4                      5

5. Please complete the following table to document what activities you use to relieve stress, how effective those activities are, and how frequently you engage in them.

Describe an activity you use to relieve your stress	Rate how effectively the activity relieves 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)
e.g., Massage	3	Once a month

6. Have you ever played any traditional African instruments before?

- a. Yes
- b. No

7. What do you hope to gain from this experience?

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