

“G.R.E.E.N.H.O.U.S.E”

(Grounding Retreat to Enliven, Energize, Naturally Heal and Overcome Undesired Stress Elements)

URBAN STRESS QUESTIONNAIRE

For each nuisance rank your choices from 1 to 5, with 1 being the least bothersome and 5 being the most. If a particular item does not apply to you just leave it blank.

Your responses will be treated with utmost confidentiality.

NAME: _____ **DATE:** _____

MTA Public Transit:

- 1 2 3 4 5 Bus/subway too full, no place to sit
- 1 2 3 4 5 Week-end subway construction
- 1 2 3 4 5 Urine smell in public transportation sites
- 1 2 3 4 5 Summer heat in the subway station
- 1 2 3 4 5 People who listen to loud music on the subway

Pedestrians:

- 1 2 3 4 5 Chewing gum sticking to your shoe
- 1 2 3 4 5 People who walk too slow on Broadway
- 1 2 3 4 5 Tourists who clog the sidewalks taking pictures
- 1 2 3 4 5 Stepping in dog doo

Bicyclists:

- 1 2 3 4 5 Too few bike lanes
- 1 2 3 4 5 Pedestrians who barge into traffic
- 1 2 3 4 5 Pedestrians wearing earphones
- 1 2 3 4 5 Giant potholes
- 1 2 3 4 5 Deliverymen riding in the wrong direction

Cars:

1 2 3 4 5 Alternate side street parking

1 2 3 4 5 Too many bike lanes

1 2 3 4 5 Traffic jams

1 2 3 4 5 Finding a parking spot

Taxis:

1 2 3 4 5 Cabdrivers who drive too fast or speak too loudly on their phone

1 2 3 4 5 Taxi TV

1 2 3 4 5 Its raining, no cabs

Work Related Stress:

1 2 3 4 5 Dealing with co-workers you cannot stand

1 2 3 4 5 The expectation to always be accessible

1 2 3 4 5 Freezing cold office in the summer

1 2 3 4 5 Co-workers who don't use deodorant

1 2 3 4 5 Tempting cookie trays in the break-room

1 2 3 4 5 Desk job stiffness syndrome (sore neck and shoulders)

Art Stress:

1 2 3 4 5 Painting destroyed by shippers/art handlers

1 2 3 4 5 Negative review by Roberta Smith

1 2 3 4 5 Louise Bourgeois trashed your work at her salon

1 2 3 4 5 Your biggest rival gets to be in the Venice Biennale

Real Estate Woes:

1 2 3 4 5 Neighbor with barking dog

1 2 3 4 5 Evil landlord

1 2 3 4 5 Evil tenant

1 2 3 4 5 Your upstairs neighbor plays the drums at 3AM

1 2 3 4 5 Smelly hallways

1 2 3 4 5 Unannounced rent increases

1 2 3 4 5 Messy roommate

1 2 3 4 5 It's the 27th and your short on rent

1 2 3 4 5 Pest infestations from neighboring construction

1 2 3 4 5 Fear of getting bedbugs

1 2 3 4 5 Having bedbugs

Relationship/Dating Stress:

1 2 3 4 5 You discover on facebook that your partner has changed their status to "single"

1 2 3 4 5 You look like a million bucks and your date stands you up

1 2 3 4 5 The person you met on match.com looks nothing like their profile picture

1 2 3 4 5 Your one night stand won't return your texts

Generic Stress:

1 2 3 4 5 Slow elevator early in the morning

1 2 3 4 5 The smell of summer in the city

1 2 3 4 5 Loud sirens

1 2 3 4 5 Getting your child into preschool/kindergarten

1 2 3 4 5 Your favorite hangout went out of business

1 2 3 4 5 Winter 2011

Please any use extra space to add additional comments, concerns, or to express further frustrations.
