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**Know Where Your Stress is Coming From**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Mobile Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

INSTRUCTIONS: It’s important to understand what’s causing your stress levels. The following list includes major life-changes, important issues, worries and concerns that you may be experiencing. Use the rating scale below to assess severity.

✔ N = No Stress

✔ S = Some Stress

✔ M = Moderate Stress

✔ G = Great Stress

**WHERE STRESS IS COMING FROM**

| Marriage or Relationship conflicts/concerns |  |
| --- | --- |
| Concerns/worries about your children |  |
| Concerns/worries about your parents |  |
| Pressures from other family members or in-laws |  |
| Balancing demands of work and family |  |
| Death a spouse or significant other |  |
| Death of a loved one |  |
| Health concerns/worries |  |
| Relationships with Friends |  |
| Concerns about social life |  |
| Concerns related to work/career |  |
| Difficult or long commute to work |  |
| Financial worry |  |
| Change in where you are living or will live |  |
| Concerns with current residence or neighborhood |  |
| Household responsibilities |  |
| Concerns with your appearance |  |
| Limited personal time |  |
| Boredom |  |
| Concerns about growing old |  |
| Issues with personal traits or habits |  |
| Feelings of loneliness |  |

NOTE: This scale is a tool to help pinpoint specific areas of stress in your life and assess the impact each may be having on your life at the present time. It clearly indicates what’s “on your plate.” This scale isn’t intended to provide a quantitative measure of your overall stress level.