

7066 - Sources of Stress- Checklist



Check those items that bring stress to your life.

Job and family related causes:

- Always feel rushed
- Don't trust anyone
- People don't like me
- Don't like my job
- Always short of money
- Promoted
- Demoted
- Laid off
- Long-term unemployment
- Changing job

Emotional Symptoms

- Impatience
- Anger
- Irritability
- Lack of energy
- Low self-esteem

Behaviours

- Trouble sleeping
- Drink to manage stress
- Smoke to relax
- Overeat
- Drive recklessly
- Feel helpless
- Overreact to minor situations
- Use drugs

Physical Symptoms

- Tightness in the chest
- Dry mouth
- High blood pressure
- Tense muscles/ cramps
- Feeling helpless
- Upset stomach

- Excessive sweating
- Fatigue
- Pounding heart
- Constipation or diarrhea
- Lack of sex drive
- Frequent colds

Life events (within last six months)

- Marriage
- Divorce
- Separation
- Reconciliation
- Move to new location
- Birth of a child
- Death in the family
- Children leaving home

Personal Events

- Physical injury
- Illness
- Medical crisis
- Weight gain
- Started school
- Completed school
- Quit smoking
- Stopped using drugs/alcohol
- Lonely
- Lost good friend
- Found new friend
- Took vacation
- Worked overtime hours
- Skipped vacation

Other

- _____

Source: WellAssured: Guide to Stress Management

The more items you check, the more likely you are to feel excess stress or distress. Being aware of stressors is the first step to decreasing the stress in your life.

