

Identifying Your Stressors Activity

To help you identify what may be causing you stress, answer yes or no to the following questions:

1. Do you work full time and attend school full time?
2. Do you have a family?
3. If you work, are you satisfied with your job?
4. Do you get at least 8 hours of sleep most nights?
5. Do you have a long commute?
6. Have you recently changed jobs?
7. Do you have financial worries?
8. Do you have good study skills?
9. Have you recently moved?
10. Are you satisfied with your personal relationships?
11. Do you exercise regularly?
12. Are you happy most days?
13. Has a loved one passed away recently?
14. Do you have confidence in your abilities?
15. Do you feel stressed most days?
16. Have you experienced changes to your family structure? (Baby, divorce, marriage, etc.)
17. Do you have health issues?
18. Do you have clear career goals?
19. Do you make time to regularly do the things you enjoy?
20. Do you feel like you can say no to people?