

Stress Exploration

Factors that Contribute to Stress

Describe your biggest stressors in each of the following categories and rate them on a scale of 1-10, where 1 is “a little stressful” and 10 is “extremely stressful.”

Daily Hassles

Common annoyances or strains of daily life.

Examples: traffic, chores, work problems, lack of sleep, homework, limited free time, argument with partner

	rating
1	
2	
3	
4	

Major Life Changes

Important events, both positive and negative, that require significant adjustment.

Examples: birth of a child, separation or divorce, new job, death of a loved one, moving, major illness / injury

	rating
1	
2	
3	
4	

Life Circumstances

Permanent or long-term circumstances that make life more difficult.

Examples: poverty or financial problems, disability, chronic illness, conflictual relationships, values that conflict with culture, discrimination, job dissatisfaction, living somewhere unsafe

	rating
1	
2	
3	
4	

Stress Exploration

Factors that Protect Against Stress

Describe the things in your life that counteract stress.

Daily Uplifts

Positive experiences that make you happy.

Examples: eating a good meal, spending time with friends, leisure activities, spending time in nature

1
2
3
4

Healthy Coping Strategies

Positive actions that help to reduce or manage stress and other uncomfortable emotions.

Examples: exercise, talking about problems, self-care, journaling, relaxation techniques

1
2
3
4

Protective Factors

Individual characteristics or life circumstances that protect you from stress.

Examples: financial stability, good physical health, supportive family, motivation to succeed, education

1
2
3
4