

Sources of Stress

Exercise

What are the most common sources of stress for you? Read each item and circle the number that best reflects the degree of stress caused by that item using the following scale.

0 = no stress
2 = moderate stress

1 = little stress
3 = severe stress

Threats

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|---|---|---|---|---|
| 1. Threat of real bodily harm. | 0 | 1 | 2 | 3 |
| 2. Exaggerated fears or phobias. | 0 | 1 | 2 | 3 |
| 3. Threat to present lifestyle e.g. threat of losing job, or marital separation, of loss of health. | 0 | 1 | 2 | 3 |
| 4. Financial difficulties. | 0 | 1 | 2 | 3 |
| 5. Feelings of not being worthwhile. | 0 | 1 | 2 | 3 |

Change

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|---|---|---|---|---|
| 6. Work relocation, moving house, changing jobs. | 0 | 1 | 2 | 3 |
| 7. Welcome changes e.g. marriage, lottery win, promotion. | 0 | 1 | 2 | 3 |
| 8. Unwelcome changes e.g. divorce, unemployment, mortgage, ill health. | 0 | 1 | 2 | 3 |
| 9. Short-term change e.g. doing something for the first time, changing work shifts. | 0 | 1 | 2 | 3 |
| 10. Long-term readjustment e.g. bereavement, retirement. | 0 | 1 | 2 | 3 |

Extreme Demands

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|---|---|---|---|---|
| 11. Many demands at once, time pressures. | 0 | 1 | 2 | 3 |
| 12. Heavy responsibility. | 0 | 1 | 2 | 3 |
| 13. Frustrating situations e.g. traffic jams, bureaucratic red tape, unproductive meetings. | 0 | 1 | 2 | 3 |
| 14. Demanding environment e.g. overcrowding, noise. | 0 | 1 | 2 | 3 |
| 15. Lack of stimulation e.g. repetitious job, retirement, lack of goals, social isolation. | 0 | 1 | 2 | 3 |
| 16. Lack of balance between work and leisure, stimulation and relaxation. | 0 | 1 | 2 | 3 |

Relationships

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|--|---|---|---|---|
| 17. Difficulty in expressing feelings and thoughts appropriately. | 0 | 1 | 2 | 3 |
| 18. Rarely able to say "No" to requests. | 0 | 1 | 2 | 3 |
| 19. Unreal expectations of my relationships e.g. marriage means "living happily ever after". | 0 | 1 | 2 | 3 |
| 20. Lack of recognition or approval from others. | 0 | 1 | 2 | 3 |
| 21. Feeling under the control of someone e.g. boss, parents. | 0 | 1 | 2 | 3 |
| 22. Loneliness, lack of support. | 0 | 1 | 2 | 3 |

Now select an item and work out an action plan to lessen its impact on your life.