

THINGS/AREAS THAT ARE MAKING ME STRESSED

This worksheet can help you identify things or areas in your life that may be contributing to your stress and making it more difficult than usual for you to get things done. Take a little time to describe how you are doing in each of the areas below. Try to be specific and as descriptive as you can.

Relationships

Stressors in this area might include conflict, communication issues, and need for more support in personal and professional relationships.

Work

Work-related stressors like high workload, deadlines, job security, or conflict with people can affect your emotional well-being and productivity.

Money and finances

Financial problems, including debt, not making enough money, bills, or unexpected expenses, can create ongoing stress and anxiety, affecting one's ability to focus and solve problems effectively.

Sleep/Rest

We all need good quality sleep and rest to manage daily responsibilities and think clearly. Too much or too little sleep and feeling worn out from different activities might be areas to work on.

Exercise

Exercise and being physically active is good for your health and a great way to manage stress. But, it can be hard to set realistic fitness and physical activity goals.

Social/Leisure time

We all need balance between our responsibilities and fun or relaxing activities. Prioritizing hobbies, socialization, or relaxation might require specific planning.

Nutrition

Eating healthy can be difficult and stressful. Some nutritional goals might be limiting alcohol and caffeine, eating more fruits and vegetables, or meal planning.

Environment

Our environment, like home or work setting, affects how we feel. Making sure it is comfortable, organized, and safe could help you relax and focus better.

Time Management

Poor time management and disorganized routines can lead to you running late, feeling overwhelmed, or not having enough time to do the things you need to do.



Caring for others

Many of us have others that rely on us to support or take care of them. Sometimes asking for extra help or putting your own needs first is necessary for your own well-being and stress.



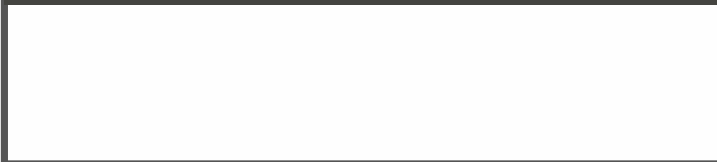
Thinking skills

You may have difficulty with tasks that requiring cognitive skills like focusing, paying attention, concentrating, organizing your thoughts, remembering things, or learning new things.



Spirituality/Religion

Moral or ethical conflicts, participation in a worship community, and spiritual or religious practice like prayer or meditation may be goals for you.



Mood

Mood, including anxiety or feeling sad, angry, or irritable, can cause stress and making problem-solving more difficult.



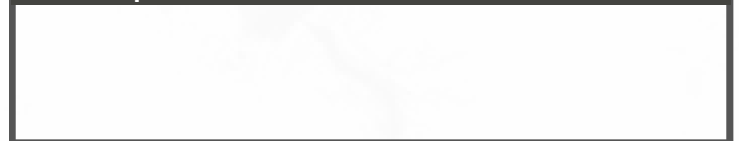
Health

Managing your physical health and chronic illnesses or conditions can be stressful. It may require taking medications, visiting healthcare providers, or managing symptoms.



Behavior(s)

The struggle to manage personal behaviors, such as impulsiveness, procrastination, or avoidance, can lead to stress, particularly if these behaviors interfere with daily functioning or relationships.



Other important area(s) that might be contributing to stress



Which of these areas are most important to you in reducing your stress? Which are the ones where a small change might make a big difference? These are the ones to keep in mind when you are feeling overwhelmed. Making even small changes in these areas may improve the way you feel overall, help you think more clearly, and feel less overwhelmed.