

# Stressed Out?

Since there are many causes of stress, take a look at the check list below and see what applies to you. And just a word of caution; sometimes sources of stress can be hidden so take a step back and really reflect on the areas in your life that could be working better. Change is easier than you may think!



## What's Making You a Stress Mess?

*Check off all that apply to you*

- I need more sleep.
- My diet could use an overhaul.
- I don't exercise regularly (or at all).
- I'm getting crushed by my work load.
- I work long hours and do not take enough breaks.
- It's hard to establish firm work boundaries (not enough downtime, working at home, weekends, etc.).
- I have strife at work (co-workers, manager, boss, etc.).
- I am plugged in all the time (phone, tablet, TV, computer, etc.).
- My workstation is uncomfortable.
- I have aches and pains.
- I feel like I'm always racing against the clock.
- I have trouble balancing it all (work, family, friends, time for self).
- I don't have enough meaning in my life (work, activities outside of work, etc.).
- I have money woes.
- Other: \_\_\_\_\_

## Time to Reflect: What Stresses You Out?

Now is a great time to go sit somewhere quietly, put on some soothing music and reflect on the questions below

1. List out the top 3 areas of your life that you find stressful. (You can always list more if necessary.)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

2. Now list three ways you can be proactive in each of the areas you just identified:

**Stressor # 1:**

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**Stressor # 2**

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**Stressor # 3**

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