

STRESS SOURCES UNCOVERED!



Write down ALL your sources of stress you can think of?

Remember: These are the **changes & situations** in your life that are stressful for you! Think of these areas: work, home, health, family, relationships, and finances.

STRESS SOURCE UNCOVERED INVENTORY



Read through the following & when you see one you forgot – add it to your other list!

Bills	The Past	Work
Neighbors	Health Issues	Boredom
School	Looking for work	Crowds
Traffic	Snow	Stores
Waiting	Insomnia	Pain
Kids	Certain People	Relationship
Driving	Family	Car problems
Pain	Dinner time	Finances
Flying	Living Situation	Medications
Doctors / Dentists	New job	Boss
Arguments	Kids Schedules	Transportation
Dr's Appointments	Coworkers	Running Late
Not working	Holidays	No insurance
Job Interviews	Divorce	The Weather
Loss/Death	Not enough time	Moving
Standing in Line	Job change	Pets
Anxiety	Depression	Roommates
Commute	Weight	Politics
Friends	Shopping	Trauma / Abuse