Identifying Stressors Checklist

Before you can reduce your stress levels you have to know where your stress is coming from! This day and age it seems everyone is affected by stress but many don't know why or where it's coming from. Is this handy checklist to identify your stressors so you can make a plan to reduce the effects they have on you!



- [ ] Journaling how I feel and what is causing my stress helps me identify what my stressors are and how I react to them
- [ ] Physical Symptoms: Do I have headaches, upset stomach, grind my teeth, tense muscles? Am I sleepy all the time or do I have trouble sleeping? I keep a journal of when these
- [ ] Is my stress related to work or school? Am I overworked. working long hours with little reward? Do I have too much responsibility or am I afraid of losing my job? Do I have so mu
- [ ] Is my stresse coming from a dysfunctional relationship at home? Am I dealing with teenagers or others who don't respect me? Am I a caregiver for a special needs child or elderly parent?
- [ ] Am I in a dysfunctional romantic relationship? Do I let my partner treatment in ways that are disrespectful and not aligned with my priorities or values?

Make and Share Free Checklists
checkli.com