

Stress Inventory Worksheet

1. Identifying Stressors

Write down all the things that are currently causing you stress, both big and small. Consider all areas of your life such as work, relationships, health, finances, and personal goals. Next to each stressor you've listed, rate its impact on your life on a scale of 1 to 10, where 1 is minimal impact and 10 is significant impact.

- Job insecurity
- Workplace conflicts
- Long commute times
- High performance expectations
- Lack of work-life balance
- Financial problems
- Personal debt
- Rising living costs
- Health issues
- Chronic illness or pain
- Caring for a sick family member
- Loss of a loved one
- Divorce or relationship breakup
- Parenting challenges
- Family conflicts
- Social isolation
- Moving to a new home
- Changing jobs or career

- Studying for exams
- Academic pressure
- Lack of leisure time
- Overcommitting to activities
- Negative news coverage
- Environmental concerns
- Dietary habits
- Sleep problems
- Lack of exercise
- High expectations of oneself
- Comparing oneself to others
- Fear of failure
- Fear of public speaking
- Social media pressure
- Technology overload
- Identity theft or privacy concerns
- Legal problems
- Traffic jams and commuting
- Cultural or language barriers
- Adjusting to a new culture or environment
- Racial or gender discrimination
- Sexual harassment
- Natural disasters
- Terrorist attacks
- War or political conflict
- Fear of the future
- Existential questions
- Retirement and loss of purpose
- Aging and related changes

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- Dependency on substances
- Unrealistic goals
- Lack of support network

2. Coping Strategies

For each stressor, list any coping strategies you currently use. Also, note whether these strategies are effective (Yes, Somewhat, No).

Example:

- *Work deadlines - Prioritizing tasks, working overtime (Somewhat)*
- *Financial concerns - Budgeting, cutting unnecessary expenses (Yes)*
- *Family disagreements – Avoidance (No)*
- *Health issues - Regular doctor visits, medication (Yes)*
- *Time management difficulties - To-do lists (Somewhat)*

3. Seeking Solutions

For each major stressor, brainstorm potential solutions or actions you can take to reduce its impact. Consider what support you might need, whether from friends, family, professionals, or other resources.
