

STRESS INVENTORY

IF YOU ARE FEELING A BIT LOW BUT CAN'T PUT YOUR FINGER ON WHY, A STRESS INVENTORY IS A GREAT WAY TO GET AN IDEA OF WHAT YOU HAVE ON YOUR "EMOTIONAL PLATE."

Feeling a bit flat and run down?

Feeling unmotivated?

What have you been dealing with on an emotional and mental level over the last 2 years?

EVENT / DATE / SCORE
Record any significant changes in the last 2 years.
Give every event a score from 1-10

www.itsyourchoicetoday.com

- 10 Terminal Illness
- 9 Death of someone close to you
- 7-9 Serious illness / hospitalization
- 6-9 Experiencing a natural disaster
- 6 Moving countries / state
- 5-8 Divorce
- 5-8 Family / relationship conflict or estrangement
- 5-8 Financial / business stress
- 5-7 Job loss
- 5-7 End of relationship
- 5 Moderate Illness
- 5 Conflict with friends
- 5 Moving house
- 4-8 Sick / infirm dependents (including parents)
- 4-8 Sick child
- 4-6 A child born
- 4-6 Placing parents / dependents into care
- 4-6 Chronic health issues / mild depression
- 4 A new significant relationship
- 4 A pet dying
- 2-6 A new job / role
- 2-3 Last child to leave home
- 2 Holiday
- 1 A child starting school
- 1 A new pet
- 1 A new car / major possession
- 1 No exercise
- 1 Bad diet

Note that you need to include: positive changes, a new job or house, changes in the lives of those people close to you, eg. children, parents, etc.

When you have finished add your scores together from your columns. What is your score over the last 6 months?

3-5 A score over 3 during this time is considered moderate change and likely to result in moderate stress.

5+ A score of 5 or over during this time is considered significant change and likely to result in high stress.

What is your score over the last 12 months?

5-7 A score over 5 is considered moderate stress

7+ A score over 7 or over is considered high stress

What is your score over the last 18-24 months?

7-10 A score over 7 is considered moderate stress

10+ A score over 10 or over is considered high stress

If you are stressed:

- **what can you do to de-stress?**
- **who you can get support from?**
- **how you can increase your emotional inputs – the things that recharge and renew you?**