

### Worksheet – Causes of Stress for You

<b>GENERAL STRESS CATEGORY</b>	<b>SPECIFIC CAUSES OF STRESS</b>	<b>STRESS LEVEL (1 – 10)</b>
Relationships with family and friends	Eg. Poor communication with partner	
Stress at work	Eg. Boss, or coworker	
Pressures of time	Eg. Too much to do	
Work-Life balance	Eg. Bringing work home	
Health issues	Eg. Cardiovascular problems	
Financial stress	Eg. Job security/mortgage repayments	
Other concerns	Eg. Holiday stress, college stress	