

# Stress: Assessing My Experience

## PURPOSE

This activity will help you understand the sources of stress in your life and the effects they are having on you. Even happy life events can cause a certain amount of stress for anyone who experiences them.

## INSTRUCTIONS

Consider what major life events you have experienced lately (e.g., the end of a relationship, a serious injury or illness, marriage, the birth of a child, retirement, job-related issues, etc.). Discuss the questions in number three with your counsellor or a trusted support person.

**1** What major life events have you experienced in the last six months?

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**2** What significant events have you experienced in the last year?

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**3** The following experiences are often symptoms of stress. Check the ones that currently apply to you.

Do you have frequent headaches?

Is your appetite poor?

Do you sleep badly?

Do you feel nervous, tense, or worried?

Do you have poor digestion?

Do you have trouble thinking clearly?

Do you feel unhappy?

Are you crying more than usual?

Do you find it difficult to enjoy your daily activities?

Do you find it difficult to make a decision?

Is your daily work suffering?

Are you unable to fulfill a certain obligation in your life?

Have you lost interest in things?

Do you feel that you are a worthless person?

Has the thought of ending your life been on your mind?

Do you feel tired all the time?

Do you become tired easily?