

UNDERSTANDING YOUR STRESS

What is the stress?	
Level of stress. On a scale of 1-10 With 10 being the highest level of stress how is your stress level at the moment?	
How are you experiencing the stress? Physically, emotionally, or both?	
How is the stress impacting your daily life?	
Are there any external factors impacting your stress levels currently? If so, what can you do to reduce them?	
What do you do when you are feeling stressed? How do you de-stress?	
Do you have any support networks to talk to or support you when you are feeling stressed?	
If you were to wake up tomorrow, and not feel stressed how would that feel, what would it look like to you?	
What 3 things can you do to reduce the stress you are currently experiencing in life?	
What would a less stressful life look like to you?	