

How Important Is Your Stress?

Evaluate Your Worry Today and Take Action

We all have sources of pressure in our lives which can cause stress - reduce your stress with the tool below



Part one

List all your current stresses in your life today. Try to be as specific as you can on whatever causes you stress. Areas may include relationships, changes to routine, health, work, financial, major life events.

Part two

Ask yourself – how significant is this stress?

Part three

Decide if this stress is something you have control over – tick if you do

Part four

Now numerically prioritise each stress you have control over – using part 2 to assist

Part five

Decide on the actions you can take to reduce the priority stresses you have control over

| Stress | Score – 1 to 10 | Stress I have control over | Prioritise the stresses you have control over | Actions |
|--------|--|----------------------------|---|---------|
| | 1 for slight stress and 10 for extreme | | | |

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Notes

The actions in step five should be realistic. Think about what support might assist you to take some of those actions. Don't try to do all at once but focus on the most important things, even if it is just one thing. Make that commitment to yourself and you will get a real sense of achievement. You will hopefully start to decrease your worry, feel calmer and become more relaxed and less stressed.

The worries you cannot control right now – let the worries go, in effect deferring them, at least for now so you can stop spending time on them.

You can also access this document in a power point format by clicking [here](#)