WELLNESS WORKSHEET 12

Daily Hassles and Stress

For each of the following experiences, indicate to what degree it has been a part of your life over the past *month* by writing in the appropriate number.

- 1 = not at all part of my life
- 2 =only slightly part of my life
- 3 = distinctly part of my life
- 4 = very much part of my life
- _____ 1. Disliking your daily activities
- _____ 2. Lack of privacy
- _____ 3. Disliking your work
- _____ 4. Ethnic or racial conflict
- 5. Conflicts with in-laws or boyfriend's/girlfriend's family
- 6. Being let down or disappointed by friends
- _____ 7. Conflict with supervisor(s) at work
- _____ 8. Social rejection
- _____ 9. Too many things to do at once
- _____10. Being taken for granted
- _____11. Financial conflicts with family members
- _____12. Having your trust betrayed by a friend
- _____13. Separation from people you care about
- _____14. Having your contributions overlooked
- 15. Struggling to meet your own standards of performance and accomplishment
- _____16. Being taken advantage of
- _____17. Not enough leisure time
- _____18. Financial conflicts with friends or fellow workers
- _____19. Struggling to meet other people's standards of performance and accomplishment
- ____20. Having your actions misunderstood by others
- 21. Cash-flow difficulties
- _____22. A lot of responsibilities
- _____23. Dissatisfaction with work
- 24. Decisions about intimate relationship(s)
- ___25. Not enough time to meet your obligations
- _____26. Dissatisfaction with your mathematical ability

WELLNESS WORKSHEET 12 — continued

- _____27. Financial burdens
- _____28. Lower evaluation of your work than you think you deserve
- _____29. Experiencing high levels of noise
- _____30. Adjustments to living with unrelated person(s) (e.g., roommate)
- _____31. Lower evaluation of your work than you hoped for
- _____32. Conflicts with family member(s)
- _____33. Finding your work too demanding
- _____34. Conflicts with friend(s)
- _____35. Hard effort to get ahead
- _____36. Trying to secure loan(s)
- _____37. Getting "ripped off" or cheated in the purchase of goods
- _____38. Dissatisfaction with your ability at written expression
- _____ 39. Unwanted interruptions of your work
- _____40. Social isolation
- _____41. Being ignored
- 42. Dissatisfaction with your physical appearance
- _____43. Unsatisfactory housing conditions
- _____44. Finding work uninteresting
- _____45. Failing to get money you expected
- _____46. Gossip about someone you care about
- _____47. Dissatisfaction with your physical fitness
- _____48. Gossip about yourself
- 49. Difficulty dealing with modern technology (e.g., computers)
- _____ 50. Car problems
- _____51. Hard work to look after and maintain home

Scoring

Add up your responses and find your total below.

≥136	Very high	stress

- 116–135 High stress
- 76–115 Average stress
- 56–75 Low stress
- 51–55 Very low stress