FACTORS Contributing to Stress

Being able to recognize the factors that are contributing to your stress will make your world a little more manageable. Please check the items that you know are contributing to your stress. Add those that may be particular to your situation.

Check the two items that are the major contributors to your present stress. Do not check more than two. You may recognize more than two contributors, but you do not want to add to your stress by trying to address everything at the same time. You always can come back to this exercise and address other contributing factors.

- Death of spouse
- Death of close family member
- Major personal illness or injury
- Aging parent moving in with family
- Aging parent moving into nursing home
- Divorce or separation
- Major increase in arguments with spouse
- Feeling disconnected from spouse or family
- Alcohol or drug problems in the family
- Demanding job (too much to accomplish in too little time)
- Demanding job (unreasonable expectations from superiors)
- Demanding job (difficulty with co-workers)
- Demanding job (problems with clients or customers)
- Hazardous work
- Recent loss of job due to lay-off, work site closing or being fired
- Change in work hours
- Recent change of job (by your choice)
- Retirement
- Financial difficulties (major debt for home or automobile)
- Financial difficulties (credit card debt)
- Financial difficulties (reduction of income)
- Financial difficulties (medical bills)
- Financial difficulties (cost of education/student loans)
- Family member has serious emotional or medical problems
- Separation or divorce of son or daughter
- Trouble with in-laws or parents
- Balancing work and family responsibility
- Behavior problems with child
- Too little cash for necessities
- Adult child returns to live at home
- Value conflicts
- Arrested or jailed
- Recent move or change in residence
- Disruption of important friendship or support system
- Lack of adequate transportation
- Recent automobile accident
- Recent change in weight (unwanted loss or gain)
- Fear of rejection
- Fear of confrontation
- Troublesome neighbors or neighborhood
- Lack of social opportunities or not taking advantage of social opportunities
- Lonely
- ______________________________
- ______________________________
- ______________________________
- ______________________________
- ______________________________

Adapted with permission from Kentucky Cooperative Extension

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