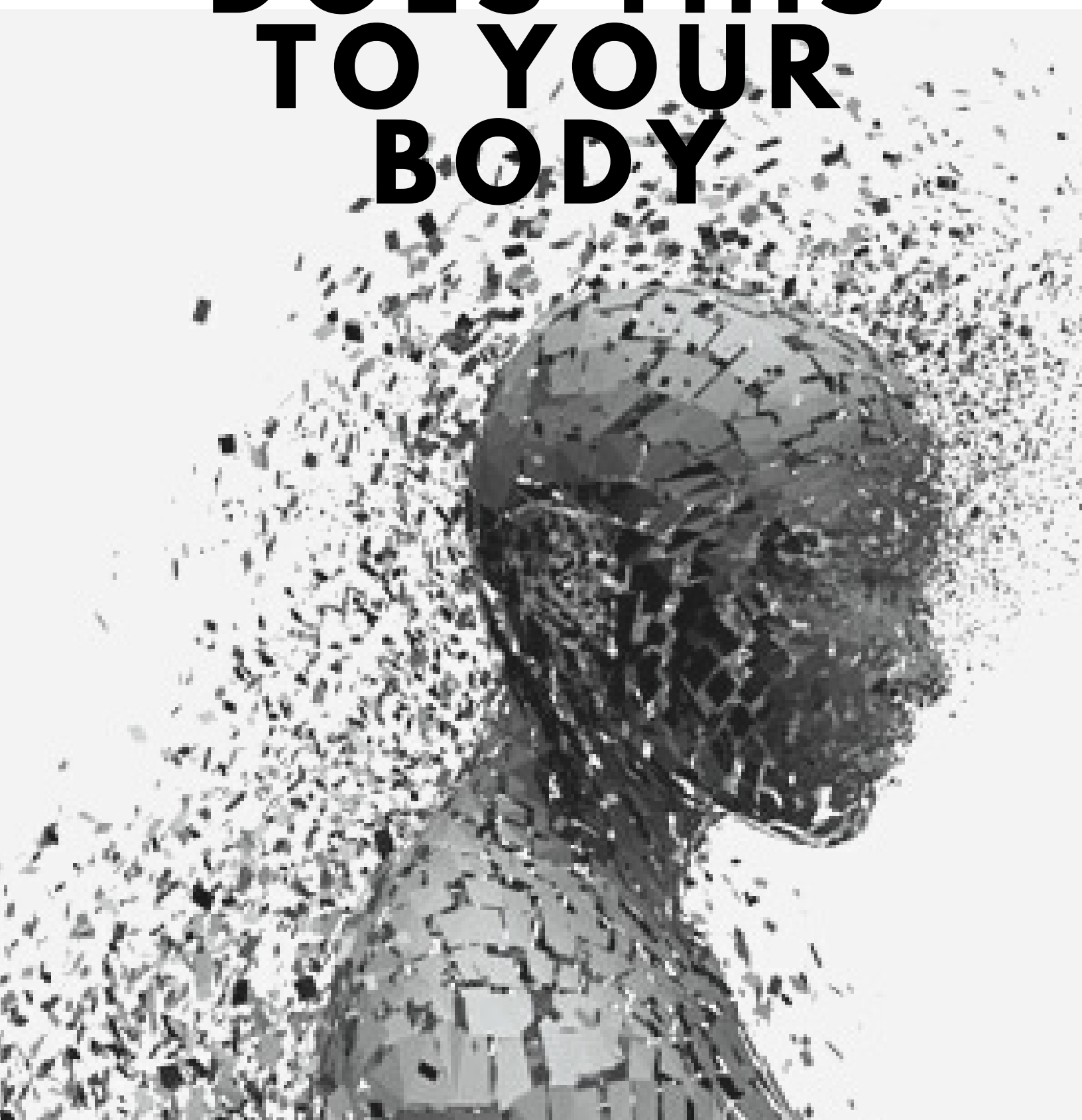


STRESS DOES THIS TO YOUR BODY



WHAT IS STRESS?



What is stress?

Stress is our body's way of creating energy when faced with a real or perceived danger. In some situations, stress can help our bodies react to emergencies with more strength and efficiency. Unfortunately, our bodies can't always tell when we are in an emergency or not. Therefore, we may feel stress for things that are not a danger to our survival, such as the emotional response to taking a test.

Perceived stress is the feelings or thoughts that an individual has about how much stress they are under at a given point in time or over a given time period. Perceived stress incorporates feelings about the uncontrollability and unpredictability of one's life, how often one has to deal with irritating hassles, how much change is occurring in one's life, and confidence in one's ability to deal with problems or difficulties.

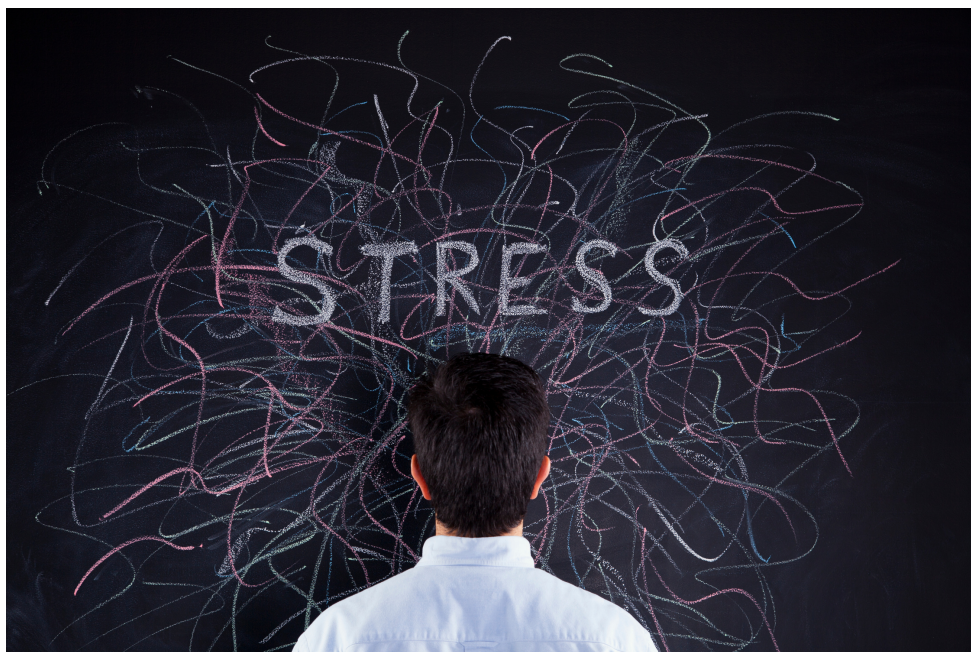
Too much stress can lead to unclear thinking, mood fluctuations, and poor eating habits; but "not enough" stress can lead to unproductivity since nothing is motivating us to accomplish something. It is helpful to identify your personal stressors and react when you feel your body increasing in stress.

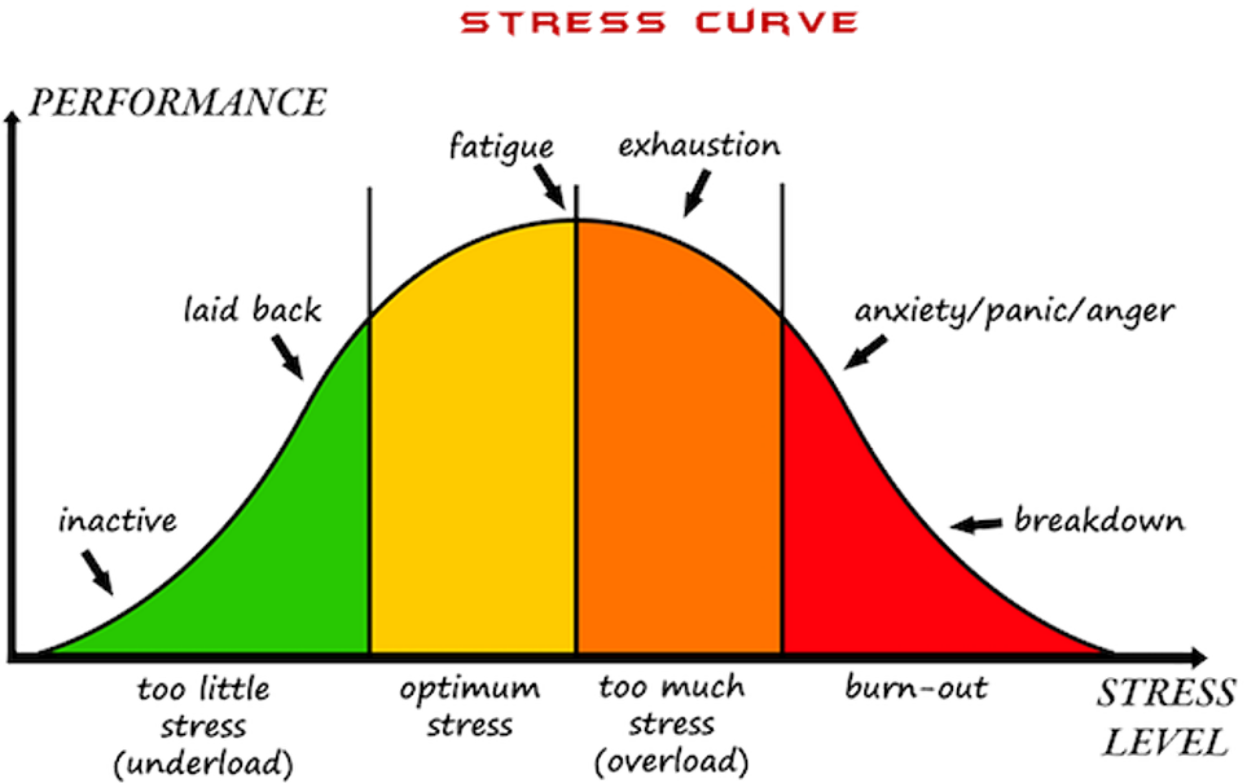
Stressful Events tend to fall in three categories

Acute - Short-term events which do not last long but if traumatic, can have a lasting impact on us. For example, a car accident.

Episodic Stress - Situations which are also short-term but which we find ourselves in regularly, such as rushing to work or other recurring stressful experiences in the workplace.

Chronic - Ongoing stresses which last into the long-term. These may include the stress of illness or the friction of a fractious relationship.





Daily Hassles and Uplifts

These actually account for a much larger percent of stress than do major life events.

Hassles are irritants—things that annoy or bother you; they can make you upset or angry.

Most of the 43 life changes in the SRRS aren't everyday events.

The Hassles and Uplifts Scales (HSUP) measures attitudes about daily situations defined as "hassles" or "uplifts."

The HSUP assessment is designed to include concerns like, traffic jams, arguments, disappointment, weight and physical appearance.

Instead of focusing on highly charged life events, the HSUP provides a comfortable way to evaluate positive and negative events that occur in each person's daily life.

This empowers people to develop strategies for dealing with hassles and enhancing the occurrence of uplifts in their daily lives.

PLEASE REFER TO THE HSUP ASSESSMENT

Holmes-Rahe Life Stress Inventory (Social Readjustment Rating Scale (SRRS))

This assessment was developed to examine stressful life events in relation to illnesses.

Holmes Rahe argued that it was the upheaval caused by life-changing events, rather than the positive or negative nature of the events themselves, which was a cause of stress.

They suggested that stress caused by changes could contribute to a person's ill-health, and developed the Social Readjustment Rating Scale, which assigns life events a score according to its severity.

It calculates the amount of stress a person has experienced over the past 12 months and help figure out how to manage and control the stress.

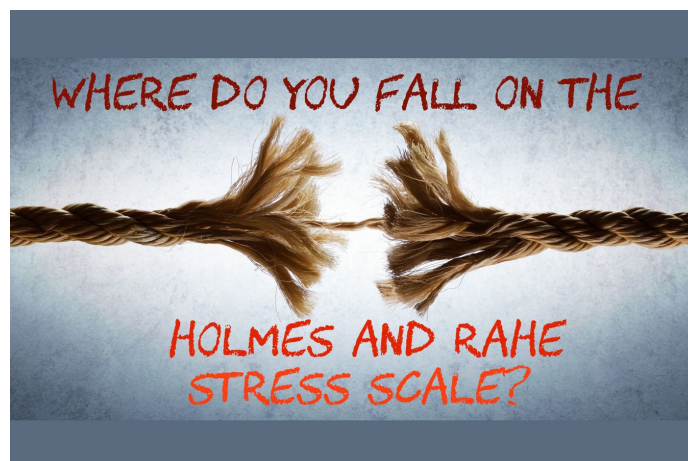
The SRRS does not take individual differences into consideration.

The scale assumes that each stressor affects people the same way.

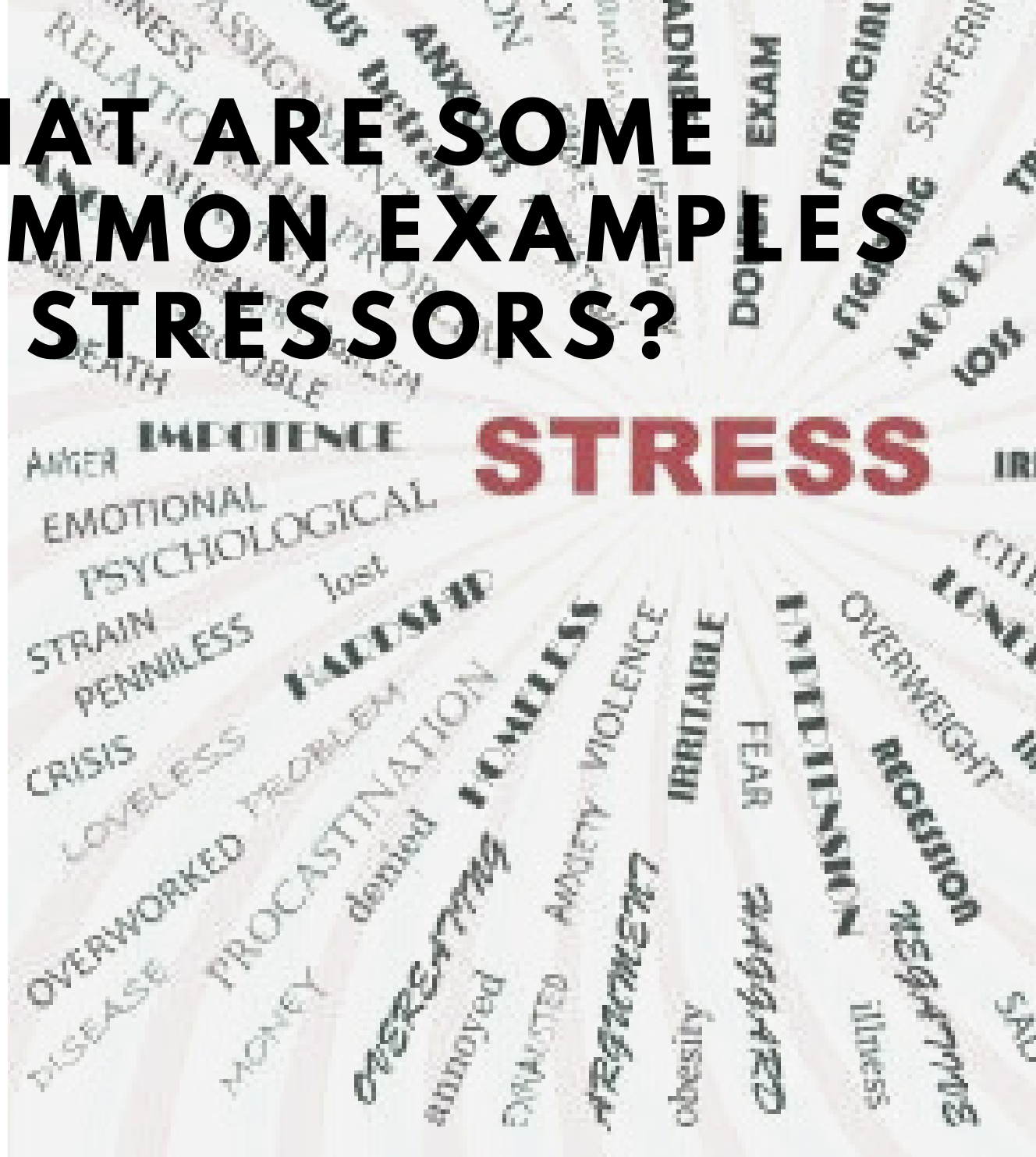
Not true, form some people divorce is extremely stressful and drawn out while others it is an amicable experience or even a relief.

People experience major life events infrequently; therefore, the HSUP assessment gives a better overview of someone day-to-day life.

PLEASE REFER TO THE SRRS INVENTORY



WHAT ARE SOME COMMON EXAMPLES OF STRESSORS?



THE PANDEMIC

Stress in America 2020: A National Mental Health Crisis, conducted by The Harris Poll on behalf of APA, found that nearly 8 in 10 adults (78%) say the coronavirus pandemic is a significant source of stress in their lives, while 3 in 5 (60%) say the number of issues America faces is overwhelming to them.

“Loneliness and uncertainty about the future are major stressors for adolescents and young adults, who are striving to find their places in the world, both socially, and in terms of education and work. The pandemic and its economic consequences are upending youths’ social lives and their visions for their futures,” said Emma Adam, PhD, Edwina S. Tarry Professor of Education and Social Policy.

Personal Appearance

Do you worry about spots, wrinkles, weight or balding? If you do, you are in good company. Concerns over our personal appearance can have an exaggerated effect on people's confidence and their self-image.

Take weight worries, for example. Whilst researching the sources of everyday stress, psychologist Allen Kanner and his colleagues developed Hassles and Uplifts Scales, ranking stressors in terms of their impact on people's lives. Of those surveyed, more than half admitted to worrying about their weight.

A study published in the International Journal of Sport Psychology reported that undertaking activities such as exercise can help boost self-esteem in a study of middle-aged participants (Alfermann and Stoll, 2000).

Social

The pressure to conform and be seen to succeed in everyday life can encourage stress, and the aspiration towards ideals and success nurtured in the media can be unrealistic and unhelpful. Ideas of a desirable body image, for example, have been linked to both negative self-images and eating disorders.

The stress created by our environment can also have lasting consequences. This includes social media. Staying connected on social media can be enjoyable but excessive use can fuel feelings of anxiety, depression, and isolation. Humans are social creatures and crave companionship. However, the stressful impact from social media comes from feelings of inadequacy, isolation, self-absorption and even bullying.

Competition

Despite the health-related drawbacks of experiencing stress, it can also impact our performance in more positive ways. The pressure we feel to meet a deadline, accomplish a goal or meet the demands of a schedule, for example, can motivate us to improve our performance. In contrast to the distress that we usually refer to as 'stress', this type of stress is known as eustress.

In competitive sports, eustress can encourage athletes to focus on training for a match and to commit to practice when they would rather do other things, but we all experience it to some degree in the form of pressures in everyday life, such as the need to pass an exam.

Health Worries

Fears over one's own health or the wellbeing of a relative or friend are a common cause of stress.

The experience of an illness, and the loss of control over events, can lead to persistent worry about both the current and possible future situations. Paradoxically, the stress caused by health worries can itself lead to problems and the body's reaction to stress, General Adaptation Syndrome, can have physical effects as we deplete our energy reserves to cope with a stressful situation.

Life Changes

People will often tell you that moving to a new home is one of the most stressful events you will experience in your life. More generally, any situation which requires change, positive or negative, requires us to adapt to new circumstances and can be a source of stress. Such events can include leaving home, commencing a new job and starting a family.

Thomas Holmes and Richard Rahe produced an inventory of life-changing events known as the Social Readjustment Rating Scale (SRRS) which, surprisingly, ranks the act of moving as the 28th most stressful life change. Far more severe are changes in relationships, such as a partner's death or separation (Holmes and Rahe, 1967).

Financial Worries

Even outside of a recession, financial worries can affect us all and lead to unnecessary stress which can be a burden to yourself and those close to you.

Loans, ever-increasing bills, the ability to pay off credit cards, being able to live comfortably and retire when we wish, all contribute to a sense of financial insecurity.

Kanner's Hassles Scale found that a feeling of not being able to pay bills and live comfortably, as well as the burden of supporting others financially to be a key strain in our everyday lives (Kanner et al, 1981).

Whilst improved management of money can alleviate financial stress, the unique situation of each individual makes a one-size-fits-all solution to this source of stress impossible. Left unaddressed, however, financial worries can have a significant effect on our lives and can impact on relations with close friends and family.

Relationships

Even the happiest of relationships can be a source of stress for both parties involved. Cohabiting can bring a host of problems, from the loss of a personal 'breathing space' to having to adapt to the different habits of a partner. Over time, these demands can impact on relationships and lead to stressful arguments, leading to a vicious circle which can lead to break-ups. Yet, the Hassles and Uplifts Scales (Kanner et al, 1981) rates good relations with partners and friends as the two most significant factors which can help to improve our wellbeing and counteract life's stresses.

Whilst compromise is needed on both sides for a relationship to endure, it is a practice which might not always lead to a reduction in stress for those involved and can even become the focus of arguments. A study in the Journal of Marital and Family Therapy has, however, identified "mindfulness" as a factor in reducing relationship stress (Barnes et al, 2007). This practice requires an awareness of the feelings of the other partner and an understanding of the impact one's own actions might have on those around us.

Bereavement

Understandably, the loss of a loved one can be one of the most painful experiences a person can endure. The shock or enduring worry of losing a friend or relative can lead to stress, especially when the person we lose is a relative or close friend. Events during and shortly after loss, such as end-of-life care and funeral arrangements contribute to stress and it can take a long time to adjust to not being able to meet or speak to the person, and acceptance of the new circumstance is difficult.

Past Events

Past events can be a key source of stress. Whilst any danger a person has experienced may have passed, the stress of the trauma can continue to affect them for many years afterwards. The U.S. Department of Veteran Affairs estimates that around 50% of women experience a traumatic event at least once in their life and are more prone to be victims of sexual violence than men. However, 60% of men also experience trauma, a difference which it attributes to males being more likely to be involved in accidents.

Persistent stress which lasts long after a traumatic event has passed is often identified as Post-Traumatic Stress Disorder (PTSD), a condition which the NHS estimates to affect a third of people who experience trauma.



Quick Sources of Stress Checklist

Identify what areas appear to have the most stress.

Survival Stress

- Your survival or health is threatened (Pandemic of 2020)
- You are put under pressure (deadline for a project at work)
- Unpleasant or challenging event (give a presentation)

Environmental Stress

- Living environment
- Come from noise, hostile home or work, crowding, uncleanliness)

Fatigue and overworked

- Not using effective time management
- Builds up over time
- Goals are not realistic. (trying to achieve too much in too little time)

Internally Generated Stress

- Anxious or worried about event beyond your control
- Always rushed or tense about life in general
- Relationship problems

emotionally and lead to depression.

heartburn

Stress increases the production of stomach acid, which could lead to heartburn or make it worse.

insomnia

Stress makes it harder to fall asleep and stay asleep, which can lead to insomnia.

rapid breathing

When you're stressed, the muscles that help you breathe tense up, which can leave you short of breath.

weakened immune system

Long-term stress weakens your immune system's defenses, leaving you more vulnerable to infections.

risk of heart attack

Over time, an increased heart rate and high blood pressure damage your arteries, which could lead to a heart attack.

high blood sugar

Stress causes your liver to release extra sugar (glucose) into your bloodstream, which over time puts you at risk for type 2 diabetes.

pounding heart

Stress hormones make your heart pump faster so that blood can quickly reach your vital organs and limbs.

high blood pressure

Stress hormones tighten blood vessels, which can raise your blood pressure.

fertility problems

Stress interferes with the reproductive system in both men and women, and may make it harder to conceive.

stomachache

Stress affects your body's digestive system, which can lead to stomachaches, nausea, and other tummy troubles.

erectile dysfunction

Your brain plays an important part in the process of getting an erection. Stress can interfere with this process.

low sex drive

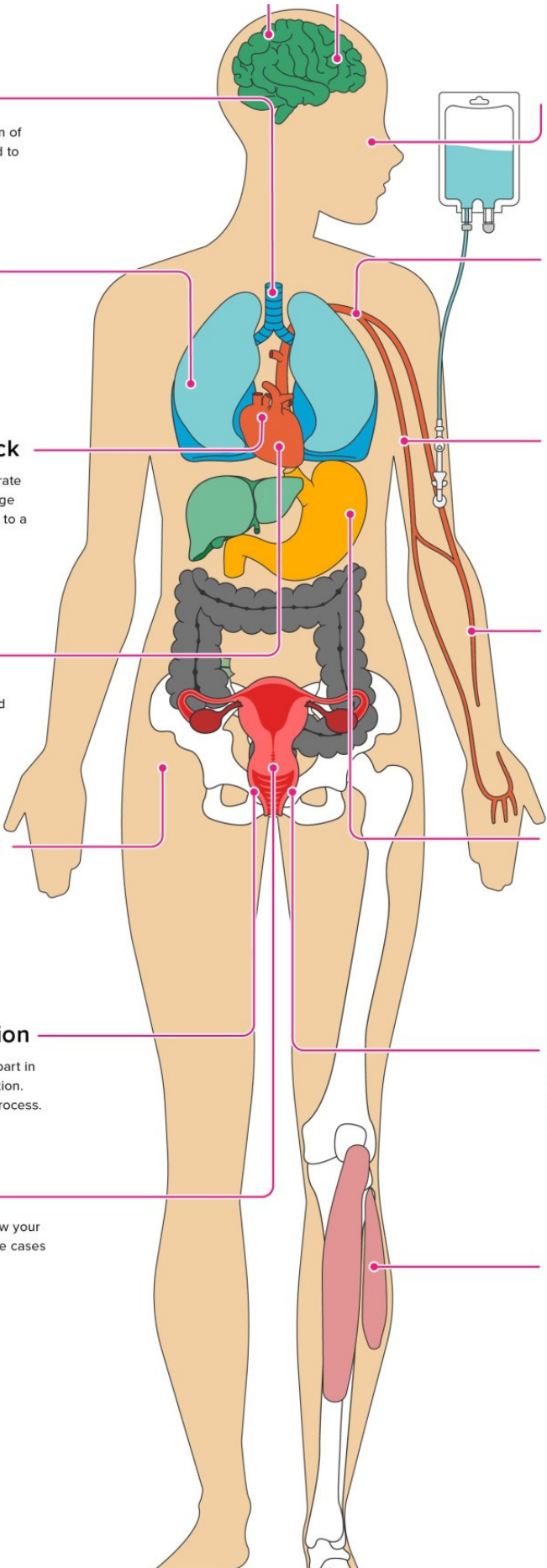
Stress — and the fatigue that often comes with it — can take a toll on your libido.

missed periods

Fluctuating hormones can throw your menstrual cycle off, or in severe cases stop it altogether.

tense muscles

Stress makes muscles tense up, and chronic stress can lead to tension-related headaches and backaches.





PHYSIOLOGICAL EFFECTS OF STRESS

MUSKULOSKELETOL

When the body is stressed, muscles tense up. Muscle tension is almost a reflex reaction to stress—the body's way of guarding against injury and pain.

With sudden onset stress, the muscles tense up all at once, and then release their tension when the stress passes.

Chronic stress causes the muscles to be at a constant state of tension.

Tension-type headache and migraine headache are associated with chronic muscle tension in the area of the shoulders, neck and head.

Relaxation techniques and other stress-relieving activities and therapies have been shown to effectively reduce muscle tension, decrease the incidence of certain stress-related disorders, such as headache, and increase a sense of well-being

RESPIRATORY

The respiratory system supplies oxygen to cells and removes carbon dioxide waste from the body

Stress and strong emotions can present with respiratory symptoms, such as shortness of breath and rapid breathing, as the airway between the nose and the lungs constricts.

Psychological stressors can exacerbate breathing problems for people with pre-existing respiratory diseases such as asthma and chronic obstructive pulmonary disease.

Sudden stressful events—such as a car wreck or death of a loved one—can trigger rapid breathing, hyperventilation and even panic attacks.

Developing relaxation, breathing, and other cognitive behavioral strategies can minimize or even alleviate the occurrences.

CARDIOVASCULAR

Acute stress—stress that is momentary or short-term such as meeting deadlines, being stuck in traffic or suddenly slamming on the brakes to avoid an accident—causes an increase in heart rate and stronger contractions of the heart muscle, with the stress hormones—adrenaline, noradrenaline, and cortisol—acting as messengers for these effects.

Chronic stress—or a constant stress experienced over a prolonged period-of-time, can contribute to long-term problems for heart and blood vessels.

Repeated acute stress and persistent chronic stress may also contribute to inflammation in the circulatory system, particularly in the coronary arteries, and this is one pathway that is thought to tie stress to heart attack.

Long-term ongoing stress can increase the risk for hypertension, heart attack, or stroke.

ENDOCRINE

When someone perceives a situation to be challenging, threatening, or uncontrollable, the brain initiates a cascade of events.

This results in an increase in the production of steroid hormones called glucocorticoids, which include cortisol, often referred to as the “stress hormone”.

During a stressful event, an increase in cortisol can provide the energy required to deal with prolonged or extreme challenge.

The problem, production of cortisol simultaneously produces an increase in insulin in the body. This creates an increased energy in the body. When this additional supply of energy is not used, it is stored as fat.

STOMACH

Stress may make pain, bloating, nausea, and other stomach discomfort felt more easily.

Vomiting may occur if the stress is severe enough.

Stress may cause an unnecessary increase or decrease in appetite.

Unhealthy diets may in turn deteriorate one’s mood.

SPEEDS UP THE AGING PROCESS

Life goes fast enough, and stress can age you before your time. Research has found accelerated aging in subjects who had cared the longest for children with disabilities or who reported the least control over their lives. Long periods of chronic stress can lead to aging 9-17 years beyond the chronological age.

These are a few of the side effects caused by acute to chronic stress. Let’s take a look at some of the tools that can help reduce and/or alleviate symptoms of stress.

TOOLS FOR REDUCING STRESS

A survey by the advocacy group Mental Health America found that people frequently deal with stress all the wrong ways by watching television, skipping exercise and forgoing healthy foods. Unfortunately, these methods inhibit stress relief and prevent healthy buffers to balance the stress load. Remember: when you actively use these stress relief tools you are not adding stress you are reducing it.

CLEAR YOUR SCHEDULE

In our always wired, always-on world the key is to take frequent breaks. Not the occasional weekend getaway but systematically throughout your day. Do not ignore the biological need to get away, it will catch up with you. Just make a commitment to yourself and cut down on commitments that are unnecessary.

BE MINDFUL AND BREATHE

Practice being in the moment. If you're not able to clear your schedule, find ways to take mental breaks during your day. Breathing techniques and mindfulness exercises are an easy way to relieve your stress, even if you're sitting at a desk. Put it on your calendar—10 minutes every hour to stare out the window or go for a walk. Take deep breaths through your nose and blow out of your mouth.

Practicing this will also help you regulate and control breathing under stress.

EXERCISE

Exercise reduces the negative physical and chemical effects of stress and releases positive neurotransmitters in the brain that help with depression and anxiety. This can be as easy as walking daily. If you practice this in small increments everyday it will become a habit and something your body craves. Find a group that can provide support and help with accountability.

SLEEP

Sleep is one of the building blocks for maintaining our physical and mental health. If you're having trouble sleeping, there are great online tools like white noise and sleep podcasts that you can try out for free. Also, set your phone for "no alerts" at least a half an hour before bed. This will help alleviate distractions and open up space to read or meditate before bed.

CONNECT WITH POSITIVE PEOPLE

Social supports can make a big difference on how we handle stress. Fifty-seven percent of people turn to friends or family to help them manage their stress.

These are people that are dedicated to YOUR plan.

INVEST IN A HOBBY

Channel your stress and worry into learning a new activity or hobby. Even if it just acts as a distraction, a hobby can be a great way to spend the free time that you might have spent worrying. If you are turning the TV off more often it opens up space for exciting new things.

HOW SUCCESSFUL PEOPLE STAY CALM

Based on an article by Travis Bradberry

90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control. Intermittent stress helps keeps the brain alert but prolonged stress suppresses the brain. Some of these strategies may seem obvious but the challenge is recognizing when you need to use them and doing it in spite of your stress.

They Appreciate What They Have

Being grateful improves your mood because it reduces the stress hormone cortisol by 23%. The “attitude of gratitude” improves mood, energy and physical well-being.

They Avoid Asking “What If?”

“What if” statement throw fuel on the fire of stress and worry. Focus on taking action, this will calm you down and keep your stress under control.

They Stay Positive

When things aren’t going well this can be a challenge. When you are flooded with negative thoughts and can’t think of anything that day, think of the day or even week before. Even looking forward to something to an exciting event can help you focus your attention. The point is to shift your attention.

They Disconnect

In an “always-on” world we must force ourselves to disconnect! Technology enable constant communication and the expectation that you should be available 24/7. If detaching from work related communication is difficult, block out times on your calendar where you can cut the cord.

They Squash Negative Self-Talk

Negative thoughts are just that-thoughts-not facts. The more you repeat them in your head (or out loud) the more power you give them. You can bet your statements aren't true any time you use words like “never,” “worst,” “always,” etc. Write them down and if they still look like facts, take them to someone you trust and see if they agree. Most likely they won't. Examine where the negative thoughts come from and separate them from the facts. This will help you escape the cycle.

They Reframe Their Perspective

Stress and worry are fueled by our own skewed perception of events. You can't control the circumstances, traffic, unforgiving bosses, and deadlines, but you can control your response. Look for clues to check if you anxiety or stress is proportional to the stressor. Avoid saying phrases like “everything is going wrong” or “nothing will work out.” In other words, DON'T AWEFULIZE the situation.

Several assessments have been provided to help you examine your current stress level and areas of highest stress.



Do You Suffer from Chronic Stress?

Check all items which apply.

- 1. I frequently suffer from burning sensation in the upper abdominal region.
- 2. I often have difficulty digesting food and have belching.
- 3. I often have backache or joint pains.
- 4. I frequently suffer from headaches.
- 5. I sometimes have chest pain.
- 6. I have been diagnosed as having heart disease or hypertension.
- 7. I have had a stroke in the past.
- 8. I frequently develop cold hands and feet.
- 9. I frequently have diarrhea and loose motions, especially when I am anxious.
- 10. I suffer from a great deal of anxiety.

FEEDBACK

If you checked any of the items, you are likely to be suffering from the effects of chronic stress. Don't Worry! It is still not too late to change your lifestyle.

Items 1 & 2—possible candidates for peptic ulcer, precipitated and aggravated by stress.

Item 3—pertains to backache and arthritis.

Item 4—refers to migraines and tension headaches.

Items 5-7—pertain to coronary heart disease and hypertension.

Item 8—refers to circulatory problems.

Item 9—indicates diarrhea and colitis.

Item 10—pertains to Generalized Anxiety Disorder (result of chronic stress).

These symptoms can be a result of chronic stress if no other health related issues.

Practicing stress reduction, prevention, and management techniques can help.

May need to be advised by a physician.

The Holmes-Rahe Life Stress Inventory

The Social Readjustment Rating Scale

INSTRUCTIONS: Mark down the point value of each of these life events that has happened to you during the previous year. Total these associated points.

Life Event	Mean Value
1. Death of spouse	100
2. Divorce	73
3. Marital Separation from mate	65
4. Detention in jail or other institution	63
5. Death of a close family member	63
6. Major personal injury or illness	53
7. Marriage	50
8. Being fired at work	47
9. Marital reconciliation with mate	45
10. Retirement from work	45
11. Major change in the health or behavior of a family member	44
12. Pregnancy	40
13. Sexual Difficulties	39
14. Gaining a new family member (i.e., birth, adoption, older adult moving in, etc)	39
15. Major business readjustment	39
16. Major change in financial state (i.e., a lot worse or better off than usual)	38
17. Death of a close friend	37
18. Changing to a different line of work	36
19. Major change in the number of arguments w/spouse (i.e., either a lot more or a lot less than usual regarding child rearing, personal habits, etc.)	35
20. Taking on a mortgage (for home, business, etc..)	31
21. Foreclosure on a mortgage or loan	30
22. Major change in responsibilities at work (i.e. promotion, demotion, etc.)	29
23. Son or daughter leaving home (marriage, attending college, joined mil.)	29
24. In-law troubles	29
25. Outstanding personal achievement	28
26. Spouse beginning or ceasing work outside the home	26
27. Beginning or ceasing formal schooling	26
28. Major change in living condition (new home, remodeling, deterioration of neighborhood or home etc.)	25
29. Revision of personal habits (dress manners, associations, quitting smoking)	24
30. Troubles with the boss	23
31. Major changes in working hours or conditions	20
32. Changes in residence	20
33. Changing to a new school	20
34. Major change in usual type and/or amount of recreation	19
35. Major change in church activity (i.e., a lot more or less than usual)	19
36. Major change in social activities (clubs, movies,visiting, etc.)	18
37. Taking on a loan (car, tv,freezer,etc)	17
38. Major change in sleeping habits (a lot more or a lot less than usual)	16
39. Major change in number of family get-togethers (**)	15
40. Major change in eating habits (a lot more or less food intake, or very different meal hours or surroundings)	15
41. Vacation	13
42. Major holidays	12
43. Minor violations of the law (traffic tickets, jaywalking, disturbing the peace, etc)	11

Now, add up all the points you have to find your score.

150pts or less means a relatively low amount of life change and a low susceptibility to stress-induced health breakdown.

150 to 300 pts implies about a 50% chance of a major health breakdown in the next 2 years.

300pts or more raises the odds to about 80%, according to the Holmes-Rahe statistical prediction model.

The Hassles and Uplifts Scale

This questionnaire lists things that can be hassles and uplifts in day-to-day life. You will find that during the course of a day some of these things will have been only a hassle for you and some will have been only an uplift. Sometimes, others will have been a hassle AND an uplift.

DIRECTIONS: Please think about how much of a hassle and how much of an uplift each item was for you today. Please indicate on the left-hand side of the page (under "HASSLES") how much of a hassle the item was by circling the appropriate number. Then indicate on the right-hand side of the page (under "UPLIFTS") how much of an uplift it was for you by circling the appropriate number.

PLEASE FILL OUT THIS QUESTIONNAIRE JUST BEFORE YOU GO TO BED.

How much of a hassle was
This item for you today?
0 = None or not applicable
1 = Somewhat
2 = Quite a bit
3 = A great deal

How much of an uplift was
This item for you today?
0 = None or not applicable
1 = Somewhat
2 = Quite a bit
3 = A great deal

REMEMBER: circle one number on the left-hand side of the page and one number on the right-hand side of the page for each item.

HASSLES		UPLIFTS
0 1 2 3	1. Your child(ren)	0 1 2 3
0 1 2 3	2. Your parents or parents-in-law	0 1 2 3
0 1 2 3	3. Other relative(s)	0 1 2 3
0 1 2 3	4. Your spouse	0 1 2 3
0 1 2 3	5. Time spent with family	0 1 2 3
0 1 2 3	6. Health or well-being of a family member	0 1 2 3
0 1 2 3	7. Sex	0 1 2 3
0 1 2 3	8. Intimacy	0 1 2 3
0 1 2 3	9. Family-related obligations	0 1 2 3
0 1 2 3	10. Your friends	0 1 2 3
0 1 2 3	11. Co-workers	0 1 2 3
0 1 2 3	12. Clients, customers, patients, etc.	0 1 2 3
0 1 2 3	13. Your supervisor or employer	0 1 2 3
0 1 2 3	14. The nature of your work	0 1 2 3
0 1 2 3	15. Your <u>work-load</u>	0 1 2 3
0 1 2 3	16. Your job security	0 1 2 3
0 1 2 3	17. Meeting deadlines or goals on the job	0 1 2 3
0 1 2 3	18. Enough money for necessities (food, house, <u>etc</u>)	0 1 2 3
0 1 2 3	19. Enough money for extras (recreation, vacations)	0 1 2 3

0 1 2 3	20. Enough money for emergencies	0 1 2 3
0 1 2 3	21. Enough money for education	0 1 2 3
0 1 2 3	22. Financial care for someone not living with you	0 1 2 <u>3</u>
HASSLES		UPLIFTS
0 1 2 3	23. Investments	0 1 2 3
0 1 2 3	24. Your smoking	0 1 2 3
0 1 2 3	25. Your drinking	0 1 2 3
0 1 2 3	26. Mood-altering drugs	0 1 2 3
0 1 2 3	27. Your physical appearance	0 1 2 3
0 1 2 3	28. Contraception	0 1 2 3
0 1 2 3	29. Exercising	0 1 2 <u>3</u>
0 1 2 3	30. Your medical care	0 1 2 3
0 1 2 3	31. Your health	0 1 2 3
0 1 2 3	32. Your physical abilities	0 1 2 3
0 1 2 3	33. The weather	0 1 2 3
0 1 2 3	34. News events	0 1 2 3
0 1 2 3	35. Your environment (air quality, noise, greenery)	0 1 2 3
0 1 2 3	36. Political or social issues	0 1 2 3
0 1 2 3	37. Your neighborhood (neighbors or setting)	0 1 2 <u>3</u>
0 1 2 3	38. Conserving (gas, electric, water, gas, <u>etc</u>)	0 1 2 3
0 1 2 3	39. Pets	0 1 2 3
0 1 2 3	40. Cooking	0 1 2 3
0 1 2 3	41. Housework	0 1 2 3
0 1 2 3	42. Home repairs	0 1 2 3
0 1 2 3	43. Yardwork	0 1 2 3
0 1 2 3	44. Car maintenance	0 1 2 3
0 1 2 3	45. Taking care of paperwork (bills, forms, <u>etc</u>)	0 1 2 3
0 1 2 3	46. Home entertainment (TV, music, reading)	0 1 2 <u>3</u>
0 1 2 3	47. Amount of free time	0 1 2 3
0 1 2 3	48. Recreation/Entertainment outside of home (movies, sports, eating out)	0 1 2 3
0 1 2 3	49. Eating (at home)	0 1 2 3
0 1 2 3	50. Church or community organizations	0 1 2 3
0 1 2 3	51. Legal matters	0 1 2 3
0 1 2 3	52. Being organized	0 1 2 3
0 1 2 3	53. Social commitments	0 1 2 3

In the area provided below list your top 10 hassles and uplifts.

Start with the items rated at #3 then items rated #2 and so on.

Repeat this assessment daily to look for patterns and areas that you can reduce stress/hassles and areas you can increase for more daily satisfaction in uplifts.

