

By  
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## *Notice Your Stress*

If you are feeling a bit low but can't put your finger on why, a stress inventory is a great way to get an idea of what you have on your "emotional plate."

- Feeling a bit flat and run down?
- Feeling unmotivated?
- What have you been dealing with on an emotional and mental level over the last 3 years?

Draw up a page with 3 columns for the Event, the Date it occurred, and its Score

Event	Date	Score /10
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Record any significant changes in the last **3 years**

Give every event a score from **1-10**.

### **Bigger Life Events**

#### **Terminal Illness**

**Death of someone close to you – person/pet**

**Serious illness / hospitalization**

**Experiencing a natural disaster – earthquake, tsunami, flood, tornado or war, etc**

**Moving countries/counties/cities**

**Child born**

**Placing parents/dependents into care**

**Divorce**

### **Medium Events**

**Relationship conflict or estrangement**

**Financial / business stress job loss end of relationship**

**Moderate Illness - Yours**

**Conflict with friends**

**Moving house**

**Sick / infirm dependants (including parents) Sick child**

**Chronic health issues / mild depression**

**A new significant relationship**

**A new job / role**

**Child leaving home**

### **Smaller Events**

**Holiday**

**A child starting school**

**A new pet**

**A new car / major possession**

**No exercise**

**Bad diet**

These are just examples of where you could see these things. You may see them as more or less important than the category I have put them in. This list does not cover every situation, so feel free to add anything that you think is missing

Note that you need to include: positive changes, e.g. a new job or house

Changes in the lives of those people close to you, e.g. children, parents, etc

When you have finished add your scores together from your columns:

What is your score over the last **6 months**?

A score over 3 during this time is considered moderate change and likely to result in **moderate** stress.

A score of 5 or over during this time is considered significant change and likely to result in **high** stress.

What is your score over the last **12 months**?

A score over 5 is considered **moderate** stress

A score over 7 or over is considered **high** stress

What is your score over the last **18-36 months**?

A score over 7 is considered **moderate** stress

A score over 10 or over is considered **high** stress

All in the **Green** then you are living a fairly stress-free life!

If you are stressed:

What can you do to de-stress?

Who you can get support from?

How you can increase your emotional inputs – the things that recharge and renew you?

Don't forget that you have full access to the 6 Week How to Live a Stress Free Life Video Programme included in your membership!

