

STRESS UNCOVERED INVENTORY



Source

Response

Bills	The Past	Headaches	Sweaty palms
Work	Neighbors	Overwhelmed	Irritable
Health Issues	Boredom	Anxiety	Upset stomach
Work	School	Racing thoughts	Bite nails
Looking for work	Crowds	Can't sleep	Break things
Traffic	Snow	Tense muscles	Sadness
Stores	Waiting	Eat More	Lash out
Insomnia	Pain	Yell / scream	Hold things in
Kids	People	Argue / fight	Food cravings
Relationship	Driving	Isolate	tremble/shake
Family	Car problems	Anger	Get sick
Pain	Dinner time	Spending	Miss doses
Finances	Flying	Drink	Eat junk food
Living Situation	Medications	Smoke	Think negative
Doctors / Dentists	New job	Depressed	Self-esteem low
Boss	Arguments	Withdraw	Heart rate rises
Kids Schedules	Transportation	Sleep	Blood pressure
Dr's Appointments	Coworkers	Confused	Clenched jaw
Running Late	Not working	impulsive	Crying
Holidays	No insurance	Get defensive	Nervous
Job Interviews	Divorce	Avoid	Isolate
The Weather	Loss/Death	Pain	Take risks
Not enough time	Moved	Smoke (more)	Confusion
Standing in Line	Job change	Migraines	Can't think
Anxiety / Depression	Pets	Frustrated	Forgetful

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