

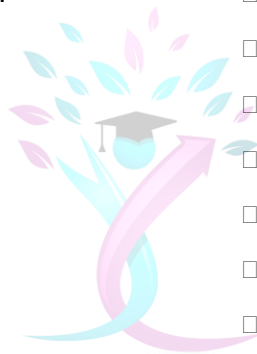
## My Stress Checklist

Everyday, we face various unpredictable life events. These events, good, bad or indifferent, can't cause a lot of stress for us. The changes of daily events can impact our mental, physical and emotional health, personal and work relationships.

**Directions:** Place a check aside the stress triggers you've experienced with the last 6 months.

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- Missing assignments
  - Deadlines
  - Overdue bills
  - Stealing your identity
  - Stolen car
  - Difficult assignments
  - Difficult boss
  - Uncooperative co-workers
  - Nuisance neighbor
  - Loud environment
  - Slow internet
  - Money shortage
  - Parent/child sick
  - Health
  - Car not working
  - Dirty house
  - No sleep
  - Unemployment
  - Traffic
  - Debt
  - Pet's health
  - Lost pet
  - Failure of marriage
  - New work environment
  - Phone lost
  - House renovation
  - Broken home appliances
  - Quarantine
  - Overload of emails
  - Crowded stores
  - Challenges
  - Goals, unable to meet goals
  - Hoarding
  - Family matters
  - Involvement with police
  - Pending court appearances
  - Tenant
  - Uncooperative roommate
  - Unwelcome rodents
  - Pressure
  - Uncontrollable bowel movements
  - Changes in Routine
  - Wedding
  - New baby
  - Keeping up with diet
  - Uncertainty
  - Hair Loss
  - Dealing with exes
  - Loss of documents

- |   |  |
|---|--|
| <input type="checkbox"/> DMV visit                  | <input type="checkbox"/> Pandemic                      |
| <input type="checkbox"/> Doctor visits              | <input type="checkbox"/> Planning an event             |
| <input type="checkbox"/> Interviews                 | <input type="checkbox"/> Unknown sickness              |
| <input type="checkbox"/> Waiting for test results   | <input type="checkbox"/> Traveling                     |
| <input type="checkbox"/> Jury Duty                  | <input type="checkbox"/> School Tuition                |
| <input type="checkbox"/> Being hacked               | <input type="checkbox"/> College Acceptance            |
| <input type="checkbox"/> Being blackmailed          | <input type="checkbox"/> No parking                    |
| <input type="checkbox"/> Interrogated               | <input type="checkbox"/> Pending wars                  |
| <input type="checkbox"/> Trial                      | <input type="checkbox"/> Planning Retirement           |
| <input type="checkbox"/> Expired Insurance          | <input type="checkbox"/> Long Lines                    |
| <input type="checkbox"/> Unable to meet weight goal | <input type="checkbox"/> Running late to work          |
| <input type="checkbox"/> Acne                       | <input type="checkbox"/> Arranged marriages            |
| <input type="checkbox"/> Alcoholism                 | <input type="checkbox"/> Police Lockdown               |
| <input type="checkbox"/> Unclear instructions       | <input type="checkbox"/> Termite issue                 |
| <input type="checkbox"/> First Dates                | <input type="checkbox"/> Losing a competition          |
| <input type="checkbox"/> Meeting new in laws        | <input type="checkbox"/> Starting a business           |
| <input type="checkbox"/> Rude Professor             | <input type="checkbox"/> Living with a addict          |
| <input type="checkbox"/> Moving residence           | <input type="checkbox"/> Living with someone who has a |
| <input type="checkbox"/> Sale of house              | <input type="checkbox"/> mental disability             |
| <input type="checkbox"/> Pre-Surgery                | <input type="checkbox"/> Being owed money              |
| <input type="checkbox"/> Team Project               | <input type="checkbox"/> Car purchase                  |
| <input type="checkbox"/> Lost wallet                | <input type="checkbox"/> Emotional issues              |
| <input type="checkbox"/> Talking on stage           | <input type="checkbox"/> Unhealthy habits              |
| <input type="checkbox"/> Presentation               | <input type="checkbox"/> Break-up                      |
| <input type="checkbox"/> Wrong online orders        | <input type="checkbox"/> Toxic relationships           |
| <input type="checkbox"/> Unruly children            | <input type="checkbox"/> Being ignored                 |



KRS TRAINING  
AND DEVELOPMENT