



CANADA
4-H Ontario

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Exploring Stress

This worksheet requires you to take a moment to describe your biggest life stressors in each of the following categories. Choose four stressors you are feeling in each category and rate them from 1-10 (1 being least stressful – 10 being the most stressful).

Daily Hassles

Common problems or strains that you deal with in your daily life.

Example: chores, work, school work, arguments, feelings of exhaustion, parents, family, etc

Stressor	Rating (1 - 10)
1.	
2.	
3.	
4.	

Major Life Stressors

Significant life events, positive or negative that require you to make changes.

Example: new job, new chores, family separation, new school, etc

Stressor	Rating (1 - 10)
1.	
2.	
3.	
4.	

After rating in each category, go to page 2, "Protecting Against Stress", to have a look at some of the great things in your life.



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Protecting Against Stress

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Describe the positive things in your life that you use or can use to prevent stress from taking control over your mental health.

Daily Uplifts

Positive things in life that brighten your mood or relive stress.

Example: healthy meals, staying connected with friends, hobbies, nature, etc.

1.
2.
3.
4.

Healthy Coping Strategies

Positive actions or activities that help you manage your stress or uncomfortable emotions.

Example: exercise, music, breathing exercises, journaling, relaxation techniques, etc.

1.
2.
3.
4.

Protective Factors

Personal characteristics or traits that protect you from stress.

Example: not worried about finances, supportive friends/family, good physical health, motivation, love, etc.

1.
2.
3.
4.