

# STRESS MANAGEMENT SURVEY

The goal of this tool is to help you identify the biggest sources of stress in your life today. Pay attention to where you score the highest and think about ways you can target your coping strategies in these areas.

On a scale of 1 to 10, rank the level of stress you feel right now.

## Work

Is there a clear separation between work and home? Are you frustrated with your colleagues or boss? Are expectations at work set impossibly high?

1 2 3 4 5 6 7 8 9 10

## Family

Is there friction in your family? Are you adjusting to family changes? Is there a lack of communication between parents, siblings, partners, or children?

1 2 3 4 5 6 7 8 9 10

## Conflict

Are there any unresolved conflicts in your life? Are there recurring disagreements at work or with loved ones? Are all sides willing to achieve a peaceful resolution?

1 2 3 4 5 6 7 8 9 10

## Money

Is money causing tension in your relationships? Are you finding it difficult to pay the bills and provide a quality of life for your family? Are you having a difficult time agreeing on a financial plan or budget?

1 2 3 4 5 6 7 8 9 10

## Illness

Are you or someone you love suffering from disease, illness, or loss? Are you having a difficult time concentrating or completing day-to-day tasks due to an illness? Are you getting the medical attention you need and deserve?

1 2 3 4 5 6 7 8 9 10

## Other

Are you having a difficult time articulating your thoughts and feelings? Are you seeking to control an uncontrollable situation? Are you able to minimize stress by planning and organizing ahead of time?

1 2 3 4 5 6 7 8 9 10



Whether you're experiencing everyday stress or a major life challenge, let **CCA@YourService** help. The program provides you and your family members free, around-the-clock access to a range of stress management and work-life balance resources.

**PHONE: 800-833-8707**

**WEB: [www.myccaonline.com](http://www.myccaonline.com)**

