

Stress Checklist

Check the box beside each part of the day that gives you stress just thinking about it.

- waking up (alarm, expectations, sounds, light, dreams, rough sleep)
- getting ready (routine, time, self-image)
- breakfast (food, time, routines, others in your house)
- helping others get ready for day (if applicable)
- staying home, planning day, or driving to work
- emails, phone messages, texts
- social media (either scrolling or answering messages)
- sounds, alarms, bright lights
- food prep, eating out, eating with others
- home responsibilities (dishes, garbage, cleaning, laundry)
- groceries
- work deadlines
- exercise
- re-entering home if you work away all day
- others returning home for the day
- conversation (different 'needs' for conversation, joy, tension, laughter, arguing)
- errands
- suppertime (eat together, separate, who cooks, what to cook)
- dishes, cleaning, food away
- evening routines (tv, homework, snack, planning, alone time, together?)
- quiet house, loud house, sharing space
- slowing down for the night (routines, tensions, togetherness, lonely?)
- family members coming and going, using car, hearing door open, close
- getting ready for bed (shower, grooming, routines, time)
- falling asleep (reading, house loud or quiet, phones, thinking etc)
- night (good or bad sleep, dreams, thinking, worry, peaceful)