

## STRESSOR CHECK LIST

### Physiological

Low blood sugar \_\_\_ Infections \_\_\_ Diseases \_\_\_ Illness \_\_\_ Surgery \_\_\_ Allergies \_\_\_  
Chemical Sensitivity \_\_\_ Obesity \_\_\_  
Menopause \_\_\_  
Other (list)

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### Emotional

Depression \_\_\_ Anxiety \_\_\_ Anger and Rage \_\_\_ Emotional Trauma \_\_\_ Eating  
Disorder \_\_\_ Extreme Stress \_\_\_ Negativity \_\_\_  
Other (list)

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### Environmental

Personal Care and Household Toxins \_\_\_ Pollution \_\_\_ Mercury \_\_\_  
Brain Poisons (MSG, Food Additives, Chemical/Artificial  
Sugars) \_\_\_\_\_  
Other (list)

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### Lifestyle

Diet (Junk, Processed, or Restaurant Food) \_\_\_ Addictions \_\_\_ Workaholism \_\_\_  
Lack of Conditioning \_\_\_ Over-Exercise \_\_\_ Over-Eating \_\_\_ Under-Eating \_\_\_  
Perfectionism \_\_\_ Chronic Dehydration \_\_\_ Coffee \_\_\_ Stimulants \_\_\_  
Other (list)

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### Issues with Sleep and Rest

Shift Work \_\_\_ Frequent Travel \_\_\_ Insomnia \_\_\_ Sleep Disorders \_\_\_ Sleep Debt \_\_\_  
Sleep Deprivation \_\_\_  
Other (list)

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**Current and Past Medical Treatments**

Chemotherapy\_\_\_ Radiation\_\_\_

Overuse of Prescription and OTC Medication\_\_\_\_\_

Other (list)

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**Support Issues**

Lack of Support\_\_\_ Feeling Unappreciated\_\_\_ Abuse\_\_\_ Burnout\_\_\_ Toxic

Relationships\_\_\_

Other (list)

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**Miscellaneous Stressors**

Lack of Friends\_\_\_ Inability to Relax or Have Fun\_\_\_ No Social Outlets\_\_\_ No

Hobbies\_\_\_ Lacking Content in Life\_\_\_

Other (list)

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