

Identify & Tackle Your Stress & Overwhelm Triggers.

A Quick Self-Assessment that will help you start moving from burnout to balance

Understanding your stressors is the first step to managing them. Use this simple assessment to pinpoint your main sources of stress and overwhelm, and discover initial steps to address them.



How to use this guide effectively:

- 1 Reflect on each question honestly.
- 2 Rate each item on a scale from 1 (*Not at All Stressful*) to 10 (*Extremely Stressful*).
- 3 Total your scores at the end to identify your main stress sources.
- 4 Use these insights to focus on areas where you can make improvements to reduce stress and create a more balanced life.

Example:

1. Career Fulfillment

- Que: Do you feel satisfied and motivated by your current job or career path?
 - Yes, I find my work fulfilling.
 - Sometimes, but I have areas of dissatisfaction.
 - No, I feel unfulfilled and stressed about my career.
- Rate Your Stress Level in This Area: **6**__



1. Career Fulfillment

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- Rate Your Stress Level in This Area: ____

2. Financial Stability

- Que: Are you confident in your financial situation and future?
 - Yes, I feel financially secure.
 - Occasionally, but I worry about financial stability.
 - No, I often feel anxious about my finances.
- Rate Your Stress Level in This Area: ____

3. Personal Growth and Passion

- Que: Are you actively pursuing your passions and personal growth?
 - Yes, I regularly engage in activities I love.
 - Sometimes, but I struggle to find time for my passions.
 - No, I feel disconnected from my interests and personal growth.
- Rate Your Stress Level in This Area: ____

4. Social Connections and Loneliness

- Que: Do you feel connected with friends and family, and do you have a supportive social network?
 - Yes, I have strong and supportive relationships.
 - Occasionally, but I feel isolated at times.
 - No, I often feel lonely or disconnected.
- Rate Your Stress Level in This Area: ____

5. Work-Life Balance

- Que: Are you able to balance work responsibilities with personal time and relaxation?
 - Yes, I manage my time effectively.
 - Sometimes, but I struggle to maintain balance.
 - No, work often takes over my personal life.
- Rate Your Stress Level in This Area: ____

6. Health and Wellness

- Que: Do you feel physically and mentally healthy, with a good level of energy?
 - Yes, I maintain a healthy lifestyle and feel good.
 - Occasionally, but I experience fatigue or health issues.
 - No, I often feel tired or unwell.
- Rate Your Stress Level in This Area: ____

7. Self-Care and Stress Management

- Que: Do you have regular self-care practices and effective stress management techniques?
 - Yes, I practice self-care and manage stress well.
 - Sometimes, but I struggle to maintain a consistent routine.
 - No, I neglect self-care and feel overwhelmed.
- Rate Your Stress Level in This Area: ____

8. Time for Yourself

- Que: Do you have enough free time for relaxation and activities you enjoy?
 - Yes, I regularly have time for myself.
 - Sometimes, but I often feel busy and overwhelmed.
 - No, I rarely have time for myself.
- Rate Your Stress Level in This Area: ____

9. Family Responsibilities

- Que: Are you able to manage family responsibilities without feeling overburdened?
 - Yes, I handle family duties with ease.
 - Sometimes, but I feel stressed by family obligations.
 - No, I feel overwhelmed by family responsibilities.
- Rate Your Stress Level in This Area: ____

10. Life Purpose and Meaning

- Que: Do you feel a sense of purpose and meaning in your life?
 - Yes, I have a clear sense of purpose and fulfillment.
 - Occasionally, but I question my direction and meaning.
 - No, I feel lost or uncertain about my life's purpose.
- Rate Your Stress Level in This Area: ____

How to Summarize Your Ratings

After completing the assessment, review your ratings for each topic. Here's how to interpret your results and what to focus on:

Identify Patterns:



- **High Ratings (7-10)**: These areas are causing you significant stress and dissatisfaction. They are major sources of your overall overwhelm. Focus on developing strategies and taking steps to address these high-stress areas first.

- **Moderate Ratings (4-6)**: These areas have some stress or dissatisfaction but are not as severe. They may require attention to prevent them from becoming more problematic. Consider making incremental changes to improve your satisfaction and reduce stress in these areas.



- **Low Ratings (1-3)**: These areas are relatively well-managed and less stressful for you. Continue to maintain and build on these positive aspects as they contribute to your overall well-being.

Focus on Key Areas:

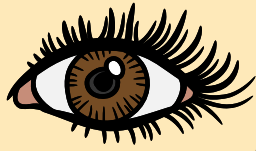
Start with High Ratings: Choose the top 1 or 2 areas with the highest stress ratings to address first.

Set Simple Goals: Make a plan to improve these high-stress areas.

For example, if “Financial Stability” is a top concern, start by creating a budget or reduce unnecessary spending. If “Career Fulfillment” is a high-stress area for you, consider identifying the skills you want to develop or making a list of 5-10 elements that would be present in your ideal career.



Balance Your Approach:



Keep an Eye on All Areas: While addressing your highest stress areas, don't neglect the areas with moderate or lower ratings. A balanced approach ensures you manage stress across all aspects of your life.

By focusing on the most stressful areas and making simple, actionable changes, you can start reducing your overall stress and improving your well-being.

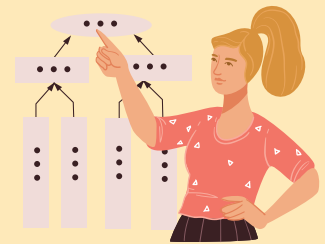
Track Progress:

Regularly monitor your progress in the high-stress areas you're working to improve. Adjust your strategies as needed based on your experiences and changes in stress levels.



Use Insights for Action:

Develop a personal action plan. Use the insights from your ratings to create a tailored action plan. For example, if "Self-Care and Stress Management" received a high rating, prioritize developing a consistent self-care routine.



Implement Relaxation Techniques:

Incorporate simple relaxation techniques, such as deep breathing or a short meditation, to help manage immediate stress. These practices are vital because they provide a quick and effective way to reset your mind and body, allowing you to regain focus and calm even in the midst of a busy day.



The Support You Need Is Already Within You

If you're finding it difficult to make progress on your own, remember that seeking help is a sign of strength, not weakness. As Maya Angelou wisely said, "You may not control all the events that happen to you, but you can decide not to be reduced by them."



And yet, in my experience, the greatest support often comes from within. We all have the ability to be our own best coach, healer, and guide. By tapping into your inner strength and resilience, you can move toward growth and transformation.

What do I mean by that? Even though the inner work is yours, there are always signposts along the way—small steps, simple practices, or moments of awareness—that remind you of your own wisdom. And when you lean into that, you realize you're never truly alone. Support can show up in ways you may not expect, often right when you need it most.

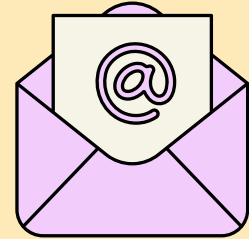
Now that you've completed your assessment, I'd love to hear from you. You're welcome to email me and share what your biggest challenge with stress looks like right now—I read every message!

And remember, you don't have to tackle everything at once. In fact, trying to do it all at once can create even more stress.



What's Next?

Over the next few days, I'll be sending you simple, doable, and valuable emails to help you lower your stress and increase your calm.



What you truly want in life is closer than you think—it's just on the other side of stress.

Keep an eye on your inbox—you won't want to miss what's coming.

How to email me? Just *reply* to the email where you received this assessment (the subject line was "*Here is Your Stress & Overwhelm Assessment*"), or if it's easier, you can write directly to me at info@sigalzoldan.com



Less Stress
MORE CALM

With love and Blessings,
Sigal Zoldan,
The Wellness and Joy Academy

