



STUDENT HEALTH &
WELLNESS SERVICES

Assess Your Stress

Step 1: Complete assessment

Stress Inventory

As a student, you face many changes in your academic and personal life. Some of these changes are difficult to adjust to and may cause stress.

Listed below are common stressors that college students experience. Rate the following items by checking a box in the given scale where 1 indicates that the situation gives you no stress or does not apply, to 3, giving you extreme stress. The purpose of completing this inventory is to help identify some of your current stressors.

ITEM	N/A	1	2	3
Living arrangements				
Financial concerns				
Concerns about food and meals				
Car/ Transportatoin concerns				
Issues with roommates				
Issues with friends				
Issues with family				
Lack of social support				
Child care concerns				
Problems with partner				
Change in relationship status				
Personal appearance				
Pressure to fit in				
Alcohol or other drug use				
Balancing school, work, personal time				
Financial concerns				
Time management issues				
Enrolling in courses				
Test anxiety				
Speaking in public				
Grades				
Issues with other students in class/club/student group				
Difficulties with an instructor				
Looking for job/internship				
Pressures at work or other work issues				
Post graduate plans				
Sleep				
Nutrition				
Other health concerns				
Other: (fill in)				

Signs of Stress

The body reacts to these changes with **physical, mental, emotional and behavioral** responses. The human body is designed to experience stress and react to it, but stress can become negative when a person faces continuous challenges without relief or relaxation. Stress that is continued or prolonged is known as distress. Distress may lead to concerns that can be addressed by medical or mental health professional.

When should you seek help?

Consider how you felt over the past few months and rate your response to the following :

	YES	NO
Feeling tired or have lack of energy?		
Sleeping too much or too little/ Problems getting to sleep or staying asleep?		
Muscular tension (back, neck, shoulders, etc.)?		
Heart racing, pain in chest, shortness of breath?		
Headaches?		
Indigestions or change in appetite?		
Using drugs or alcohol to cope?		
Emotional exhaustion, hard to find joy in things?		
Disconnecting from family and friends?		
Frequent hostility/anger?		