

# Stress Load Reflection

This exercise is an opportunity to reflect on your own personal stress load. Sometimes things run through the back of our mind and cause us stress that we aren't aware of. For each of the sections below, write down anything that comes up for you.

Stress or anxiety about work	
Stress or anxiety about your relationship or lack thereof	
Stress or anxiety about other people	
Stress or anxiety about the world in general – or specific aspects	
Stress or anxiety about your health and your pain	
Other sources of stress or anxiety	