



IDENTIFY WHERE YOUR STRESS IS REALLY COMING FROM

The Stress Audit Worksheet

Use this worksheet to slow down, notice patterns, and separate true pressure from mental clutter. It can help you see what needs attention now and what may need support beyond self-reflection.



What is draining my energy?

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What is consuming my mental space?

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What feels urgent but isn't important?

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What am I avoiding?

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What support do I currently have?

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"Many people discover recurring patterns in their stressors that are difficult to identify alone. Counselling can help uncover and *address* those patterns."

Call TFEC at 1-833-275-8332 for professional support. We're here for you.

