

## KNOW WHERE IS YOUR STRESS IS COMING FROM

Check the Box	No stress	Some stress	Moderate Stress	Great stress
Conflicts or concerns about family relationships				
Concerns or worries about your parents				
Pressure from other family members				
Health problems or worries				
School				
Career				
Work				
Community that I live in				
Relationship with friends and peers				
Social life				
Appearance				
Personal habits				
Boredom				
Feelings of loneliness				