



STRESSOR SCORECARD

Score When You Walk In The Door

STRESSORS

Check 0, 1 or 2 boxes, self-judging the stressors in your own life

- Nonprofit worker
- Low-income
- Female
- Person of color
- Lgbtqia
- Immigrant
- Political minority
- Religious minority
- Divorce/relationship trouble
- Recent death of family or friend
- Accident/physical trauma
- Secondary trauma
- Caretaker (kids, parents)
- Insert ACE Score (if you know it, or see handout)
- Chronic illness
- Housing insecure
- In/visible disability
- Food allergy or intolerance

Add yours _____



TOTAL SCORE

No matter your score, you can learn how to re-frame or reduce stress. Time to develop your Personal Stress Prescription Rx (see back cover).



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