



STRESSOR & RESILIENCE SCORECARD

INSTRUCTIONS:

Please rate whether these identities and circumstances give you no, low, or high challenges. Then rate whether they give you no, low, or high opportunities for growth or joy. These are adult* stressors from culture, not the stress of your job responsibilities. You can add your own stressors. You can discuss them with others. You are resilient. To take care of yourself, and your team, please see the Personal Stress Prescription.

CHALLENGE SCALE

N/A	Low	High
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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IDENTITY

Gender
Race
Sexual Preference
Immigrant Status
Political identity
Religious identity
Add yours _____

GROWTH AND JOY SCALE

N/A	Low	High
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CHALLENGE SCALE

N/A	Low	High
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CIRCUMSTANCE

Occupation
Economic status
Pandemic / natural disaster.
Divorce / relationship trouble
Recent death of family or friend
Unexpected life event
Impacted by incarceration
Impacted by military service
Secondary trauma
Caretaker: kids / parents
Chronic illness, in/visible disability
Housing
Food allergy/preferences
Add yours _____

GROWTH AND JOY SCALE

N/A	Low	High
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* To measure childhood experiences including trauma (ACE) and resilience, see additional handouts.

