



# 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
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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.



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