



STRESSOR SCORECARD

Score When You Walk In The Door

STRESSORS

Check 0, 1, or 2 boxes, self-judging how much stress you experience.

IDENTITY

- Nonprofit Worker or Educator
- Low-income
- Female
- Person of color
- LGBTQ+
- Immigrant
- Political identity
- Religious identity

Add Other Stressors

- _____
- _____
- _____
- _____
- _____
- _____

CIRCUMSTANCE

- Pandemic/Natural disaster
- 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, In/visible disability
- Housing insecure
- Food allergy or intolerance



TOTAL SCORE

No matter your score, you can re-frame, reduce, and develop resiliency for your unique mix of stressors. You can do this by: (1) developing self-care with your Personal Stress Prescription (2) promoting team-care, and (3) supporting Wellness Equity (concept that those with the most stress deserve the most solutions).



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