



STRESSOR SCORECARD

Score When You Walk In The Door

STRESSORS

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

- Nonprofit Worker or Educator
- Low-income
- Female
- Person of color
- LGBTQ+
- 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, In/visible disability
- Housing insecure
- Terrible commute
- 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.



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