

STRESS INVENTORY

Many stressors are so woven into daily life that we stop noticing them. This exercise is designed to help you identify sources of stress that may be affecting your physical, emotional, and mental well-being.

Rate each stressor from 0-5

**0 = Not at all 3 = Moderate
5 = Significant impact**

PHYSICAL STRESSORS

Chronic pain	0 1 2 3 4 5
Poor sleep	0 1 2 3 4 5
Fatigue	0 1 2 3 4 5
Recent illness	0 1 2 3 4 5
Digestive symptoms	0 1 2 3 4 5
Limited mobility	0 1 2 3 4 5
Hormonal changes	0 1 2 3 4 5
Frequent infections	0 1 2 3 4 5
Medication side effects	0 1 2 3 4 5
Overexercising	0 1 2 3 4 5
Underexercising	0 1 2 3 4 5
Other: _____	0 1 2 3 4 5

Stress Inventory (continued)

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EMOTIONAL STRESSORS

Anxiety	0	1	2	3	4	5
Depression	0	1	2	3	4	5
Grief	0	1	2	3	4	5
Loneliness	0	1	2	3	4	5
Fear about the future	0	1	2	3	4	5
Feeling overwhelmed	0	1	2	3	4	5
Perfectionism	0	1	2	3	4	5
Guilt	0	1	2	3	4	5
Caregiver stress	0	1	2	3	4	5
Difficulty relaxing	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

THE VCP EQUATION

Stress Inventory (continued)

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RELATIONSHIP STRESSORS

Conflict with a spouse or partner	0	1	2	3	4	5
Family tension	0	1	2	3	4	5
Estrangement	0	1	2	3	4	5
Parenting challenges	0	1	2	3	4	5
Lack of support	0	1	2	3	4	5
Social isolation	0	1	2	3	4	5
Loss of a loved one	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

FINANCIAL AND WORK STRESSORS

Financial concerns	0	1	2	3	4	5
Job stress	0	1	2	3	4	5
Unemployment	0	1	2	3	4	5
Retirement concerns	0	1	2	3	4	5
Managing a business	0	1	2	3	4	5
Balancing work and caregiving	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

THE VCP EQUATION

Stress Inventory (continued)

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ENVIRONMENTAL AND LIFESTYLE STRESSORS

Overscheduled calendar	0	1	2	3	4	5
Lack of downtime	0	1	2	3	4	5
Frequent travel	0	1	2	3	4	5
Noise or clutter	0	1	2	3	4	5
Lack of restorative hobbies	0	1	2	3	4	5
Poor sleep environment	0	1	2	3	4	5
Sedentary lifestyle	0	1	2	3	4	5
Unhealthy diet patterns	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

LIVING WITH VCP DISEASE

Managing symptoms daily	0	1	2	3	4	5
Uncertainty about progression	0	1	2	3	4	5
Loss of physical abilities	0	1	2	3	4	5
Medical appointments	0	1	2	3	4	5
Medication side effects	0	1	2	3	4	5
Explaining condition to others	0	1	2	3	4	5
Feeling misunderstood	0	1	2	3	4	5
Impact on independence	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

THE VCP EQUATION