



### My Sources of Stress

What are the sources of your stress? Please circle your stress level and count the total number of ★.

#### Sources of Stress

- Physical health/illness ★ ★ ★ ★ ★
- Appearance/height ★ ★ ★ ★ ★
- Study/homework ★ ★ ★ ★ ★
- Test/exam ★ ★ ★ ★ ★
- Socializing with friends ★ ★ ★ ★ ★
- Spending time with family ★ ★ ★ ★ ★
- Money and finance ★ ★ ★ ★ ★
- Others (please specify) : \_\_\_\_\_ ★ ★ ★ ★ ★

Please circle your stress level  
5 ★ as the highest, 1 ★ as the lowest



#### Tips and Suggestions:

- 30 ★ or above      You are under a lot of stress! Try to talk to your teacher or a social worker to see if they can help you relieve your stress!
- 20-29 ★            You are under quite some stress! Try to talk to your friends or family members, it may help you relieve your stress!
- 11-19 ★            You are under some stress. Try to review your schedule to see if there is anything you can improve.
- 10 ★ or below     Congratulations! You can be a great helper! Try to find if there is anyone around who needs help. Helping others is the source of happiness!