

# STRESS-CHECK

# UNCOVER YOUR STRESS TRIGGERS

## STRESS-CHECK: UNCOVER YOUR STRESS TRIGGERS

### Stress is part of life - and that's a good thing.

Without stress, we wouldn't be able to react, grow, or even survive. It's part of our internal alarm system that protects and drives us. But sometimes this system gets out of balance - and what was originally meant to strengthen us begins to weigh us down.

Dealing with your stress is an important and courageous step. Congratulations! In this **stress check**, you can find out which issues and situations upset your inner balance and which issues are particularly relevant to you. You will gain clarity about where your sources of stress lie – and why they may be affecting you more than you think.

This moment of reflection is the beginning of change: it helps you to be more mindful of yourself and find ways to use stress as a source of energy rather than a burden. Embark on a little journey of self-discovery – mindfully, honestly, and with an open heart.

First, here is some valuable information about stress - what it actually is, why it occurs, and how it can affect you in your everyday life. These insights will help you better understand your personal stress and deal with it consciously.

Do you need support in coping with your daily tasks? I am happy to be there for you - with understanding, structure, and practical insights that will make your everyday life easier.

Warm greetings

*Your Tan*



# STRESS-CHECK: UNCOVER YOUR STRESS TRIGGERS

## Welcome to the stress check: Discover your stress triggers

**Stress is essential for our survival** - it is our natural protective response that has kept us alive since ancient times. Imagine: When danger arises, your body activates the fight-or-flight system - your heart rate and breathing quicken, your muscles are supplied with energy, and your senses become sharp. This is perfect for fighting or fleeing from predators, for example: without this mobilization, we would not be able to react or survive.

### Modern stressors: from predators to floods of emails

Stressors have changed dramatically. In the past, we fought against predators or the cold, which has become rare – today, however, we are inundated with non-stop emails and suffer from time pressure, constant availability, and a flood of digital stimuli. Instead of fleeing, we chase deadlines and meetings. Our fight-or-flight system is running at full speed, even though the threat is mental. That's why it's all the more important to recognize it and master it with tools such as the stress check or the thought challenge.

### The positive power of short-term stress

When stress is short-term, it shows its good sides: hormones such as adrenaline and cortisol boost concentration, energy, motivation, and focus in the short term. Your body switches into fight-or-flight mode – perfect for deadlines or challenges. This is how pressure turns into power: your senses are sharpened and you act decisively. This is eustress – the “good” stress that drives you forward.

### The destructive power of chronic stress

Long-term, chronic stress is a silent enemy: it permanently overwhelms your system and has serious consequences for your body, mind, and behavior.

### Physical damage

A continuous flood of hormones (cortisol, adrenaline) increases blood pressure, weakens the immune system, and promotes heart disease, diabetes, sleep disorders, and gastrointestinal problems. Muscle tension becomes chronic and healing is delayed.

### Mental stress

Burnout, depression, anxiety disorders, and concentration problems are a threat. You feel exhausted, irritable, helpless - negative thoughts intensify in a downward spiral.

### Behavioral changes

Social withdrawal, unhealthy coping strategies (alcohol, eating, smoking), or decreased performance at work/in everyday life. Motivation declines, relationships suffer.



## Explanation of terms before starting the stress check

Before we begin: Here is a brief explanation of the most important terms – understanding and mastering stressful triggers.

### Stress:

This is the natural reaction of your body and mind to stress. It mobilizes energy (fight-or-flight), sharpens the senses, and has helped us survive since ancient times – essential for focus and energy.

### Types of stress:

Eustress vs. Distress. Stressors can have a positive (eustress) or negative (distress) effect. Eustress boosts performance and motivation – like before an exciting project. Distress, on the other hand, overwhelms and exhausts.

**Note: Both activate the same fight-or-flight system – the difference lies in your assessment and duration.**

### Stressors:

External or internal factors that trigger a negative stress response are called stressors. Types of stressors in detail. Stressors are diverse and affect the body, mind, and environment:

TYPES OF STRESSORS	DETAILS
<b>Physical (external)</b>	Cold, noise, heat, wetness, poor air quality, or sensory overload from too many impressions.
<b>Physical</b>	Injuries, pain, hunger, disabilities, or insomnia that directly affect the body.
<b>Performance-related</b>	Time pressure, excessive demands, underchallenge, or exam stress that push us to our mental limits, criticism from our boss that we perceive as unfair.
<b>Social</b>	Isolation, conflicts, separations, competitive pressure, bullying, lack of appreciation, social media, constant availability, body shaming, or cell phone addiction.



TYPES OF STRESSORS	DETAILS
<b>Life-changing events</b>	Job loss, death of a loved one, puberty, retirement, menopause, war, threats, natural disasters, or starting school.
<b>Psychological</b>	Pressure to perform, lack of time, multitasking, or fears about the future that won't leave your mind.
<b>Internal stress intensifiers (endogenous):</b>	<p>Fear of failure, perfectionism, feelings of guilt, existential worries, or the inability to accept your own limits.</p> <p>The intensity of your reaction depends heavily on your inner attitude - on your assessments, motives, and previous experiences. Do you believe you can handle the situation? Or does it seem threatening? Subconscious beliefs and negative thought patterns greatly amplify this: the urge to stand out, perfectionism, or stored childhood experiences often determine how strongly you react.</p>



## Stress response on three levels

A stressor triggers chain reactions – helpful in the short term (fight-or-flight), harmful in the long term when exposure is prolonged.

Physical level	Behavioral level (visible):	Cognitive-emotional level (internal):
Your body activates: your heart rate increases, your muscles tense up, your breathing quickens - pure energy mobilization. If this continues, exhaustion, immune deficiency, or tension will follow.	Hasty, impatient actions (cutting corners, wolfing down food), numbing behaviors (increased smoking, alcohol, medication), chaotic work (multitasking, forgetfulness), or conflicts (aggression toward coworkers/family, arguing over trivial matters).	Restlessness, nervousness, feeling rushed, anger, fear of failure, helplessness, self-reproach, brooding thought spirals, blackouts, or mental blocks - invisible but powerful.

## Stress-aggravating thoughts – typical pitfalls

These inner sentences increase stress: “I’m going to fail,” “I’ll never manage that,” “I have to control everything,” “Strong people don’t need help,” “I have to please everyone,” “Mistakes are the worst thing,” “I always have to be available.” They automate reactions.

### What are stress-aggravating thoughts? Examples:

- I’m going to fail.
- I’ll never manage that.
- I can’t stand it.
- I can’t keep this up.
- I have to have everything under control.
- I have to be 100% reliable.
- Strong people don’t need help.



### **What are stress-aggravating thoughts? Examples:**

- Nothing works without me.
- I always have to do everything right.
- I want to get along with everyone.
- I want to please everyone.
- There is nothing worse than making mistakes.
- It is unacceptable if I don't get the work done.
- I always have to be there for the company.
- I always have to be available.
- It's bad when something doesn't go as I planned.
- It's bad when others criticize me, etc.

**Tip: The “21-Day Thought Challenge** – Transform negative thoughts into positive affirmations and power statements from. The Free Impulse Sheets helps you to recognize such patterns and stress-inducing thoughts early on and transform them into positive ones.

This will help you regain control!

### **Now it's time for the stress check.**

**Discover and make positive changes:** Use the stress check to discover your stress triggers and bring about positive changes in your life. This will help you turn stress into opportunities for growth, strength, and greater self-confidence. The stress check will show you the way!



## STRESS CHECK

### What causes you stress in your everyday life? Find out.

- 1. Go through all the stressors. Think about how much each stressor weighs on your everyday life.
- 2. Assign a point value to all the stressors you marked with a “YES.” You have a total of 10 points available for the stressors marked with a “YES.” In extreme cases, you can also assign all 10 points to one stress factor. This means that the other stress factors will not receive any points. This will give you a ranking of your stress factors.
- 3. At the end, you can enter this ranking in a personal stress hierarchy.

Stressors	Yes	No	Points
Dissatisfaction with the distribution of household chores			
Deadline pressure, time constraints, rushing			
Difficulties balancing work and private life			
Major family obligations (e.g., household chores, caring for relatives)			
Major social commitments (e.g., in a club or organization)			
Health problems (e.g., illnesses, consequences of illnesses, or chronic conditions) affecting me or others			
The feeling of generally not being fully utilized			
Long commutes to work or frequent business trips			



Stressors	Yes	No	Points
Marital or relationship conflicts			
Problems with children (e.g., parenting or school)			
Financial worries (e.g., installment payments, unemployment)			
High level of responsibility at work (e.g., high risk of causing damage)			
Dissatisfaction with my job (e.g., due to underchallenge or lack of interest)			
Dissatisfaction with my working conditions or hours (e.g., noise pollution, shift work, heat, cold, etc.)			
Disruptions in daily work (e.g., constant interruptions or poor planning)			
Various demands at work that I cannot meet simultaneously.			
Too much work			
Job loss			
Introduction of new working methods and technologies			
Information overload			
Personal tensions at work (e.g., with colleagues, superiors, or customers)			
Insufficient recognition of one's own work performance			
Disagreements among relatives			
Frequent conflicts with other people (e.g., landlords, tenants, or neighbors)			
Dissatisfaction with living situation (e.g., noise, apartment too small, poor location, odors, etc.)			
Time management in daily routine (e.g., too little or too much free time, too little sleep)			
Fear of an impending deterioration in current living situation (e.g., due to unemployment or illness)			
Other (you can list additional stressors here)			

## My personal stress hierarchy

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

Source: Kaluza - Stress Management

## Actively manage stress – find your way to greater balance.

The way out of the stress cycle begins with awareness – and leads to smart strategies that suit you and your life. Think about it: **What is really good for me? What do I enjoy doing, what gives me energy?**

Preventive exercises, short breaks in your daily routine, or conscious changes in your thinking can already make a big difference. Strengthen your resources, find your own rhythm, and allow yourself to go through life more easily, step by step. Your well-being starts right here – with your decision to actively change something.

