

Stress

Understanding the Load I Am Carrying

Adults | 10 to 15 minutes

Stress may reflect immediate pressure, ongoing uncertainty, competing demands, or conditions outside your control. Begin by describing the load rather than judging how well you tolerate it. A clearer picture can help distinguish what needs support, action, or assessment.

Choose one current source of strain. Use plain descriptions of effects rather than scores or labels.

Name the demand

Describe what the situation asks of your time, attention, money, body, or relationships. Note whether the demand is temporary, repeated, or unpredictable.

Map the response

Notice changes in attention, mood, physical comfort, or behavior. Include what supports are present and what is missing; symptoms alone do not establish a cause.

1. What is the specific demand or uncertainty?**2. How is it affecting my day and functioning?****3. What support or resource is currently missing?****4. What needs attention first: a practical problem, support, or a health concern?****Clinical use and adaptation**

Validate structural and interpersonal stressors. Do not label all physical symptoms as stress; assess new or concerning symptoms appropriately. Distinguish immediate danger from ordinary strain before using reflective exercises.