

## Student Counselling Office (Zentrale Studienberatung)

### Stress analysis

#### 1. Questions to help you assess what stresses you

Do you know what stresses you? The first step in overcoming stress is to carry out a stress analysis. Only once you know what circumstances stress you can you think about what you should change in future.

1. On a scale from 1 (= a little) to 10 (= a lot), how stressed do you feel at the moment?
2. What are the main causes of your stress? Are they external or internal factors?
3. How do you react to stress? (physically, thoughts, feelings, behaviour)
4. What tools/aids do you use to deal with stress?
5. What does relaxation mean for you?
6. How often do you relax during the day?