My Stress Meter

Recognize the signs. Find your support. Prevent burnout.

Stress is part of life. The goal isn't to eliminate it completely, but to recognize when it's building, understand its effects, and seek support before reaching your breaking point.

1 Where are you on the stress meter?

0	1	2	3	4	5	6	7	8	9	10

0–3 MANAGING
Recovery feels possible

4–6 BUILDING
Stress is increasing

7–8 WARNING
Feeling overwhelmed

9–10 AT MY LIMIT
Struggling to cope

My stress level TODAY: _____ / 10

Where I spend MOST of my time: _____ / 10

Personal reflection tool, not a medical assessment.

2 How does stress show up for me?

PHYSICAL

- ☐ Headaches or muscle tension
- ☐ Fatigue or exhaustion
- ☐ Difficulty sleeping
- ☐ Changes in appetite

EMOTIONAL

- ☐ Irritability or frustration
- ☐ Anxiety or overwhelm
- ☐ Sadness or frequent crying
- ☐ Feeling emotionally numb

MENTAL

- ☐ Forgetfulness or brain fog
- ☐ Racing thoughts
- ☐ Difficulty concentrating
- ☐ Constant worrying

BEHAVIORAL

- ☐ Withdrawing from others
- ☐ Neglecting my own needs
- ☐ Losing interest in things I enjoy
- ☐ Feeling responsible for everything

3 Recognize your early warning signs

My earliest warning sign is: _____

My stress warning number is: _____ / 10

Before I reach my breaking point

My personal stress & support plan

4 What would help me feel more supported?

- ☐ A break from caregiving
- ☐ Help with errands or chores
- ☐ A caregiver support group
- ☐ Counseling or emotional support
- ☐ Time to do something I enjoy
- ☐ Someone who understands
- ☐ In-home care or respite
- ☐ More rest or sleep
- ☐ Help finding resources
- ☐ Other: _____

The support I need most right now is:

_____

5 Don’t answer no for someone else

Don't make the decision for someone else. Ask for help and give them the opportunity to say yes.

One thing I need help with but haven't asked for:

_____

One person or organization I could reach out to:

_____

Here is how I can ask:

“Would you be willing to _____?”

If someone says no, you still deserve support. Consider another person, a support group, respite care, or a community resource.

6 My commitment to myself

One step I will take this week to support my well-being:

_____